КОМИЛ ЮСУПОВ

INTERNATIONAL KURASH RULES TECHIQUES AND TACTICS

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INTERNATIONAL KURASH ASSOCIATION
INTERNATIONAL KURASH INSTITUTE

Komil Yusupov

INTERNATIONAL KURASH RULES TECHNIQUES AND TACTICS

Methodical-practical manual for kurash athletes, coaches, instructors and teacher of colleges, physical educational institutions and physical education faculties of univerities

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"Kurash incorporates features close to the spirit and character of the Uzbek people namely courage, bravery, spiritual generosity, fairness and humanism. "

I. Karimov

FOREWORD

Thanks to independence and zealous work of Kurash activists a new sport appeared on the world arena by making reasonable contribution to the peoples' civilization, becoming an international value, which is a real opportunity for world nations. Kurash penetrated into the soul of world nations regardless of religion, language, race and people are doubtlessly eager to use uzbek words as "Tazim", "Kurash", "Khalol", "Yonbosh", "Chala", "Girrom" in their own lexicon.

Owing to independence and diligence of the President of Uzbekistan His Excellency Islam Karimov Kurash achieved world recognition. It is worth mentioning that conversation, took place on 14th of April 1992 between the President of Uzbekistan and one of the assiduous Kurash activists Mr. Komil Yusupov, set exact future perspectives for Kurash.

The idea to develop Kurash as a sport, to propagate and promote and bring it to the world came to mind of Komil Yusupov in 1980s and this idea had immediately been put forward. At that time he would actively take part in weddings - "traditional Kurash festivities" as well as was very interested to study customs, mores and traditions of our national sport. Understanding that, K. Yusupov brought forward the idea of taking Kurash to world arena. New rules created as a result of researches for several years were discussed at the Central Asia and Kazakhstan scientific conference held on June 14-15 of

1991. After 2-days negotiations rules, clothes of referees and athletes were approved. Main part of rules appeared in "Sport" newspaper in 17th of September 1991 edition on the 17th day after the President declared the independence of Uzbekistan. All around the regions of the Republic in the set of articles "People's movement and organization of sport events" (Tashkent, 1992) the complete version of the new Kurash rules were explained. In May 1992 the rules were published as "Rules of National Kurash" (Tashkent, 1992) in a form of a manual.

According to Kurash rules techniques of athletes are evaluated by commands "Halol", "Yonbosh" and "Chala". Any spectator or athlete shall learn the rules easily and just at a glance. That's why Kurash rules created by Komil Yusupov were accepted in a short period of time by Kurash specialists, coaches, referees and especially spectators and people. Besides, taking into consideration the traditions of Kurash circles a weight category for athletes from 36 to 80 years and older was included into the rules for the first time in the history of sports, which gave more respect to Kurash, because athletes of 35-40 years of age had lost their hope for grappling.

On 7-10 of August 1991 in Shahrisabz city a big Kurash event was held with participation of athletes from Central Asia and Kazakhstan. The competition totally differed from past ones as athletes fought in accordance with new rules. The year of 1992 gave a start for several prestigious tournaments held according to these new rules. President Islam Karimov started to commemorate the names of great athletes and scholars by holding the international Kurash tournaments. Organizing and holding international memorial Kurash tournaments such as "Tursun ota" in Karakul, "Amir Temur" in Shahrisabz, "At-Termiziy" in Surkhandarya region, "Bahouddin Nakshband" in Bukhara, "Bobur Mirzo" in Andijan, "Pahlavon Makhmud" for

the President's Prize made an immense contribution to promotion of Kurash and appearing as a new sport in the world arena. At the very first competitions Kurash gained love of foreign specialists and participants with its attractiveness and dynamism, beauty and purity.

Competitions held in Uzbekistan were not enough to make a national sport an international one. This was the reason for the demonstrative presentations, explanation on Kurash to take place at big sport events in South Korea (1992), Canada (1993), Lithuania (1993), Japan (1994), Ireland (1997), India (1995), Atlanta (1996), Moscow (1998) and France with participation of specialists and spectators.

Hard work, researches were not in vain. September the 6th of 1998 shall be written in the thousands year history of Kurash with golden letters as outstanding event day. It is the day when the First Constitutional Congress with participation of representatives from 28 states of Pan American, European and Asian continents was held and where the International Kurash Association (IKA) was created and recognized to speak on behalf of our nation's tradition - "Kurash" in the world.

President of Uzbekistan Islam Karimov was elected as permanent Honorary President of the International Kurash Association who fully supported the world promotion of our people's ancient tradition and pride. At the Congress the Directing Committee of IKA was also formed up. International Kurash rules created by K. Yusupov were unanimously approved and K. Yusupov was elected as the President of the International Kurash Association.

President of Uzbekistan issued decree on "Supporting the International Kurash Association" on 1st of February 1999.

Today Kurash has its supporters in more than 70 countries on all 5 continents 6f the world including states such as Canada, Bolivia, Brazil, South Africa, Great Britain,

Hungary, Turkey, India, Sri Lanka, Iran, and Japan. Even in countries "incredible" for Uzbekistan like Dominican Republic, Paraguay, Ecuador, Zambia, Nigeria, Mauritius Kurash techniques are practiced with big interest.

Continental Federations in Americas, Africa, Europe, Asia and Oceania are formed and function. At the moment they are enlarging their frame of activity to promote and develop this publicly-accepted ancient sport.

Shortly we can say that Kurash is a big heritage - treasure passed from generations to generations, which made a great contribution to the world civilization. This treasure is a significant factor in upbringing current generation. People of different continents and nationalities accept Kurash as their favorite sport for its attractiveness, humanism, internationality and heartfullness philosophies.

Olympic and World championships can be won in any sport, but not any nation can bring its sport into the international arena. The goal of a sportsman is to become an Olympic Champion and the highest goal of Uzbek nation, world Kurash athletes is to make Kurash an Olympic sport.

We hope this manual will give you enough information about Kurash.

Dilbar KULDOSHEVA
Rector of International Kurash Institute

INTERNATIONAL KURASH ASSOCIATION

Six years have passed since the International Kurash Association was created. It is a very short period to be history, but though Kurash gained unbelievable respect in the world arena and fully proved to be an Olympic sport.

For the past period the International Kurash Association have worked in 3 main directions:

1. IKA created its structure and it is constantly functioning: The supreme governing organ of IKA is **Congress.** IKA's governing body Directing Committee has been fully formed and constantly functions. Directing Committee consists of 15 members from Uzbekistan, South Africa, Bolivia, India, New Zealand, Poland, Hungary, Turkey, Iran and Netherlands. The Directing Committee calls its meeting at least twice a year. In 5 continents there continental branches - confederations are formed and are functioning. Official Kurash federations are opened in 77 countries of the world. In IKA's member-countries there are at least 100 Kurash clubs opened.

2. Calendar of competitions: Since IKA was created more than 500 big and prestigious competitions have been held worldwide. They include senior and junior world and continental championships, international tournaments, competitions held by sponsors, cup competitions. So far four world senior championships have been held: in 1999 in Tashkent (Uzbekistan), in 2000 in Antalya (Turkey), in 2001 in Budapest (Hungary) and in 2002 in Erevan (Armenia). Henceforth world senior and junior championships shall be held in every two years by turns. Other competitions shall be held annually. Continental senior and junior championships are also held on a constant basis (First European Championships in Minsk in 1999, First Asian Championships in Tashkent

(Uzbekistan) in 2001, First African Championships in Hartenbos (South Africa) in 2001, First Pan American Championships in 2002 in La Paz (Bolivia), First Oceania championships in Auckland (New Zealand) in 2003). The British Kurash Association has been holding the International Islam Karimov Tournament since 2000 in London. Besides this big event, they organize and hold several tournaments among children, girls and boys, seniors and junior and veterans on national level.

3. International relations. The executives of the International Kurash Association have made close relationships with the International Olympic Committee (IOC), General Association of International Sport Federations (GAISF), Olympic Council of Asia (OCA), South American Sports Authority and other sport organizations. IKA have set cooperative ties with the World Federations of football, Ju-jitsu, associated wrestling, weightlifting, sambo and other developed sports. All these efforts are related to inclusion of Kurash initially into regional and continental games and then Summer Olympics. On 4th of October 2002 a demonstrative presentation of Kurash took place in Pusan (South Korea) at the XIV Summer Asian Games. On 24* of January 2003 at the XXII Session of the General Assembly, OCA has made an amendment to the 59,h paragraph of its Statutes. It says that Kurash has been recognized by the OCA and it can be included into the program of the Summer Asian Games. Kurash shall also be performed at the VIII South American Games in La Paz (Bolivia) in 2006.

INTERNATIONAL KURASH ACADEMY

The International Kurash Academy was formed by the order of the IKA's President in October 1999.

Main commitments of the academy are as follows:

- Studying the history of Kurash on scientific base and widely promote it;
- Creation of scientific-practical methodic;
- Organizing international scientific-practical conferences and seminars, publishing relative to conferences materials in form of scientific articles;
- Establishing and strengthening relations with countries, where Kurash practiced in field of sport, science, culture and economy;
- Opening branches of the Academy in respective countries;
- Cooperating and exchanging experience with other sport academies and institutions.

INTERNATIONAL KURASH INSTITUTE

On 28th of April 2001 the Ministry of Justice of the Republic of Uzbekistan for the first time registered and issued certificate to the non-governmental International Kurash Institute.

Experienced specialists are one of the necessary factors for Kurash to develop, be promoted wider and included in the program of the Olympic games. The Presidents of National Kurash federations of South Africa, Bulgaria, Bolivia, Great Britain, Hungary, India, Iran, Japan, Turkey and Kirgizstan founded the International Kurash Institute.

Main purpose of the institute is to assist world diffusion of Kurash via educating and retraining qualified specialists. Promotes worldwide the international Kurash rules approved by IKA.

Along with educating and preparing instructors, coaches, teachers of Kurash for schools and club trainers, the

institute opens schools and academic lyceums and retrains specialists.

Institute also elaborates practical and methodical textbooks, schoolbooks, programs and other normative documents on scientific basis as well as creates video, audio and demonstrative manuals and distributes to all Kurash-member countries.

WORLD FOUNDATION ON KURASH DEVELOPMENT

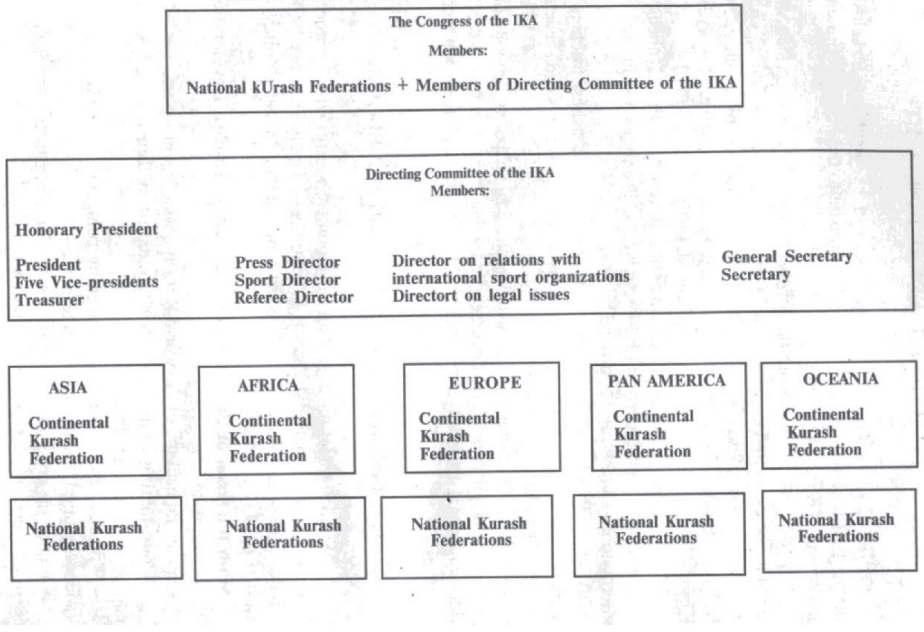
The World Foundation on Kurash Development was founded by order of IKA, presidents of national Kurash federations of Japan, Hungary, India, Poland, Russia and Bulgaria and decision of founder's meeting on 5.h of April of 1999.

Main purposes of the World Foundation on Kurash Development are as follows:

- Financial back-up of the world Kurash development;
- Coordinating branches of the foundation within national Kurash federations in foreign countries;
- With the permission of IKA opening companies, organizations, and branches within Uzbekistan as well as abroad.
- Financing programs aimed at worldwide Kurash development and assisting to educate young Kurash players;
- Acting as the main organizer and financer of competitions in IKA's calendar including world, continental championships and international tournaments.

In order to accomplish all commitments the foundation opens branches in more than 70 countries of the world where there Kurash federations exist and finds business partners to collaborate with organizations and entrepreneurs of Uzbekistan. In other words the foundation creates an atmosphere for

THE STRUCTURE OF THE INTERNATIONAL KURASH ASSOCIATION



exporting national products of Uzbekistan to foreign countries as well as importing products from abroad. Along with branches it signs mutually beneficial agreements. The foundation is open to work with all foreign legal and natural bodies that support Kurash.

NATIONAL KURASH FEDERATION OF UZBEKISTAN

The National Kurash Federation of Uzbekistan was registered on 11th of March 1992 in Tashkent region. The Federation is the branch of IKA in Uzbekistan and assists the IKA to develop Kurash in the country. The federation is responsible to make Kurash most developed sport in Uzbekistan as well as promote it in the world arena.

HISTORY OF KURASH

Kurash that is attracting millions of people round the world has its long rooted history. As researchers, historians say and according to archeological investigations Kurash originated at least 2500-3000 years ago. It can be proved by rare finds, pictures drawn on rocks in several regions of Uzbekistan including Zarafshon, Surkhon and Fergana.

There are six finds - corporeal evidences that can prove the history of Kurash on scientific basis. The picture drawn on the wall in Panjikent (1st photo) goes back to Sugd state time i.e. medieval period. One of such evidences is the cylinder shape ware made of clay found in ancient Baktria (west of Uzbekistan) region. On this ware there are two wrestlers depicted and one of them is sweeping his opponent. There are several more evidences from bronze period that prove the history of Kurash goes back to 3500 years.

The second find is from bronze period, which are two horseshoes (2nd photo). Both horseshoes depict Kurash techniques. According to professor M.P. Graznov's words, they were made in accordance with sak-skiff tribe's spiritual view and are related to initial stages of nomad life.

Other evidences found in Chelak area near Samarkand prove the long history of Kurash. Among all the ware with geometric engraves the handle of the silver cup shows two athletes performing techniques like in Kurash. This find is from middle ages. (4th photo).

According to ethnographic researches, ancient tales, stories and narratives also contained episodes about Kurash. Paying attention to their meaning we understand that they pertain to matriarchy period which means the history of Kurash is as long as 5000 years.

There were 3 kinds of Kurash custom in Uzbek people's life. The first one was as a physical exercise and connected with wedding ceremonies. The bout between the groom and the bride was arranged by the reigning women of that time. This happened because of the right of choosing and testing the groom given during the matriarchy kingdom. (5th and 6lh photos).

According to M.O. Kosven's "Outline of ancient culture history" book, published in 1980s, during matriarchy period weddings were arranged by the initiative of brides. Traditions changed as time passed and contradictions towards patriarchy also took place at that time. Later girls would agree to get married if the groom wins her in one-to-one battle. Besides, in

petrography (pictures on rocks) women are bigger and stronger than men. This could support the believ that strong and great athletes are born by physically strong women. History also proves that in the past there were women who would govern states. Great scholar and historian Abulghoziy Bohodirkhan (in 1643-1663 ruler of Kharezm region) gives interesting information in his "Shajaraiy tarokima" about seven female rulers. There several memorial stones and statues brought up in favor of female rulers.

The third example of epic Kurash is the choice made by the bride out of candidates to be a groom. In this case the bride does not fight but keep the right to put a condition and make a choice. Such kind of episodes can be found in world epos as "Alpomish", "Odissey" and "Ramayana".

According to ethnographic researches Kurash was widely developed in the area of Uzbekistan in IX-X A.D. and it became a tradition to organize competitions during public holidays and feasts. As S.P. Tolstov writes during public holidays, especially Nauroz holiday a big attention was paid to organizing Kurash competitions.

At such holidays first three days Kurash performances were organized by old-aged people of the land with streets full of people. Prisoners were released, guilty people forgiven because of these events. One of important things is that Kurash performances were a good example of physical education for young children.

In uzbek folklore like "Alpomish", "Gurugli", "Avazkhon", "Rustam", "Tulganoy", "Kuntugmish" Kurash athletes were mentioned and strong, courageous, smart ones praised. In ancient Chinese manuscript "Tan-shu" constant Kurash events organized in Fergana valley region were also mentioned. An arab geographer and traveler who lived in X

century also says about often held Kurash contests in Marv, Samarkand, Bukhara and Balkh regions.

The great healer Avisenna (980 - 1037) wrote with emphasis in his book "Canons of Avisenna" that Kurash is very important for the spiritual and physical condition of a person. According to his words person doing physical exercises on constant basis would not need medical assistance.

In oriental literature like "Shokhnoma", "Kobusnoma", "Zafarnoma", "Boburnoma" and "Abdullanoma" brilliant features of Kurash athletes, their spiritual world are well described. Alisher Navoi also enjoyed Kurash and supported people who promoted it worldwide. This is the reason of many stories, episodes about athletes to appear in his works. In the special biography dedicated to athletes "Holoti Pakhlavon Mohammad" it tells about the unbeatable athlete of his time Pahlovon Mohammad, his perfect knowledge in the religious and secular sciences, including astronomy, mathematics, chemistry, philosophy, literature, art, law and other sciences as well as emphasizes his poetic ability. Poets of that time would take advice from Pahlavon Mohammad who practiced Kurash constantly, and show their new works to evaluate them. He was also a great healer. Famous healers like Mavlono Kutbiy, Mavlono Alomulk and Mavlono Abdusalom would discuss with him and used Pahlavon Mohammad's methods of curing in their activities.

Amir Temur who created a powerful and great state was not only the statesman, ruler and commander, but also mastered the knowledge of kurash in perfection. This was the reason of the great attention to be paid to the development of physical readiness, love for the motherland among youth. Sharofiddin Ali Yazdiy in his "Zafarnoma" and Alisher Navoi in "Nasoyil ul-muhabbat" presented interesting and useful information about hundreds of athletes like Babohoki (originally from

Shibirgon area, north of Afghanistan), Uchkora bohodir and Abbos Usmon jaloy (originally from Karakul area of Bikhara region). Hazrati Pahlavon Babohoki was also acknowledged as a saint, Uchkora bahodir had a big land (presently the famous rasin from Hatirchi prefecture is called «Uchkora rasin» and planted in the area), Abbos Usmon jaloyir was very brave in the battle against Tukhtamish army (1939). He was murdered at his 25 years of age by enemies. As people of that time wrote Pahlavon Bobohoki lived 122 years and Uchkora bohodir 110 years. The long lifes of these people show that to be an athlete and healthy manner of life are connected with long life.

From history we can see that before the start of a battle between two armies the commanders would come out to wrestle against each other and the commander that wins the match would be the winner preventing the blood-shed and country from which he came would be considered as the winner of the war.

Great scholars of XV century Husayn Voiz Koshifiy and Zayniddin Vosifiylar also emphasized in their books the scientific, spiritual, enlightment features of Kurash. For example, Koshifiy writes in his «Futuvvatnomai sultoniy» story-book: «One should know that Kurash is something interesting for people, acceptable by kings and sultans. People who train Kurash always live with idealogy of justice and purity.

If someone asks the meaning of Kurash the answer is the things happening in mankind"s inner world, because people change their behaviour. The truth of this word is that in the inner world of mankind there is always a battle between good and evil, in other words every good attribute tries to eliminate its opposite one. Kurash means this feature in the person"s inner world...»

In historical books of other centuries there is also a lot of information about Kurash athletes. For example, in the north of Bukhara region one of the historical gates is still called «Uglon».I-Iistorian Hafiz Tanish Bukhariy writes in his book «Abdullanoma» that at the war to occupy the Badahshon area the army could not beat the rivals because of the ark gate and the athlete whose name was Uglon came and shaking the gate threw it on the ground and the area was occupied (1586). After he died the new gate built in the historical capital was named after the athlete Uglon and it is still called with this name.

There is also more information about the great saints of our people who also happened to train Kurash. For example, the burial-vault of Sheikh Hudaydod Azizkhon in Gazira village of Samarkand region is now considered a sacred place. Who is Sheikh Hudaydod Azikhon? As B. Valikhodjaev and B. Urinboev wrote in «Hudaydodi Valiy», the great saint Sheikh Hudaydod Azizkhon"s father had been originally from Kharezm region and initially moved to Bukhara region and living there for sometime moves out to Karmana town, and then from there moves to a village in the east. At this very village in old Ortik sheikh"s house a child had been born and they named him Hudoyberdi. In 1480 in Bukhara he happened to meet with the representative of Yassaviy"s follower Sheikh Jamoliddin and became his student. Sheikh Jamoliddin warmly welcomed Hudoyberdi and gave him a penname «Hudaydod». After studying at madrasah of Samarkand, Gijduvon and Bukhara he returned to Karmana town in 1484, he perfectly learned the Yassaviy phylosophy. In the beginning of 1490 he headed to the capital -Bukhara being informed that ruler of Karnab area suppressed people. He participated in matches during the Nauruz feats and when he beat all his opponents the Governor of Bukhara Temuriyzoda Mukhammad Bokiy Mirzo asked him what he would have liked for the prize, he said to

fire the ruler of Karnab area from his position. After the ruler was released from his position the people of villages relieved from pressure. In the beginning of 1500s Sheikh Hudaydod Azizkhon moved to Samarkand and passed away there in 1532. The biography of the sheikh and athlete written when he was alive is now available for the present generation and kept in funds of Uzbekistan, some of the uzbek traditional and pleasant poems from that script have been published in republican and regional publications.

There is information that a famous follower of Nakshbandiy phylosophy Sayyid Amir Kulol (lived 1301-1372) also practiced kurash. His grave is located in Sukhor area of Kogon region and is considered as a sacred place.

Uzbekistan is very rich with valuable sourses about athletes, lived in B.C. and A.D. centuries illustrated in ancient manuscripts,are waiting for the researchers to observe them. One of them, «Risolai goshtingiri» («Article of kurash athletes*) is also amondg these books, in this book feith and behaviour of athletes are thoroughly written.

Historical Kurash athletes of Uzbekistan can be divided into three groups:

1) Sipohi (strong) pahlavon - athletes that practiced Kurash and fought in war (ex. Pahlavon Bobohoki);

2) Gushtingir (athlete) pahlavon - athletes that practiced Kurash, involved with science and education, pertain to sufism phylosophy (ex. Pahlavon Makhmud and Pahlavon Mukhammad);

3) Ustod pahlavon - athletes that did not participate in Kurash matches, wars, but prepared kurash students (Usullikota, Chukurdamota).

Kurash that had been formed for centuries and played an important role in perfection of humans, for 130 years of dominance of soviet union was under pressure and got

weakened. The totalitarian regime allies tried to cut down the traditions like Kurash that inspired people waking the feelings of pride and glory in dormant souls of people. This was the reason Kurash could not reach the international area during the reign of soviet regime..

Even though loyal to Kurash athletes organized kurash in small circles that gave to people spiritual pleasure. Only after the independence of Uzbekistan a new spirit was given to Kurash and holidays, feasts were joint by Kurash.

Kurash that passed difficult tests with courage, and has been accepted as a symbol of truly brave people, good will and goal, today turned into an activity of people, important issue of the count and government. Several years have passed since it gained the love of world community and became an international sport in the world arena.

Aesthetics of Kurash

If the long history of Kurash is deeply studied one understands that Kurash has been praised as the example of athletes physical and spiritual perfection from ancient times. This is why on one hand there is physical strength and readiness and on the other hand the manner, behaviour, attitude to motherland and spiritual world of an athlete is evaluated.

Kurash is not only a kind of sport, but also a way through which a human achieves physical and spiritual perfection. Great ancestors considered Kurash as the school of proper behaviour. They described the students of this school as follows:

- Athletes never oath, but never be a traitor.
- Athletes fight worldly things like addiction to drugs, unclean activities and never do them.
- Athletes have strong will, and follow proper people.

• Athletes protect weak and poor people, distribute a part of their prize gained by pure victory to them.

• Athletes destinguish from others with features like bravery, humanism, spiritual generosity.

• Athletes have firm point of view.

The above given descriptions of athletes incorporate Kurash philosophy has been formed during many centuries. They are the following:

• Independant point of view and developing free thinking;

• Upbringing of a self-confident, strong will and modest human;

• Creation of envirionment to strenghthen the belief, will of people, especially youth;

• Developing feelings of self-understanding, love, protecting holy traditions making them puberty in human thinking;

• Developing features suitable to people with spiritual generosity like feith, belief, purity, forgiveness.

We can say with sure that Kurash, which assists to form up strong will, purity, patience, hope for victory, feelings of glory and pride, makes its contribution to making people meet the life requirements, puberty of youth. So, phylosophy of athletism directs a human to purity. **KURASH IS - «ACHIEVING THE GOAL VIA PURE WAY!»**

Kurash unites people of different nations and is a power that leads humans to do good deeds, makes them spiritually and physically healthy. This is the victory of all of us.

We mentioned above that Kurash is not just a sport, but as our ancestors said a school of proper behaviour.

Each member of Kurash school should build his life on the basis of scientific, spiritual and proper behaviour factors and firmly follow these factors. In other words, match of

athletes consists of self-formed, logical movements, based on firm scientific process, traditional, exemplary features, stable rules and norms.

As far as Kurash requires great features as generosity, courage, bravery, firmness, purity it also makes an athlete feel the responsibilities of keeping these features. People being example for others initially should develop puberty both spiritually and physically in themselves on constant basis.

Instructions given by scholar Husayn Voiz Koshifiy to all the athletes have been followed for many centuries and are currently also considered most necessary instructions for kurash athletes.

Every boy or girl that want to master Kurash should follow its rules, aesthetics and requirements of behaviour An athlete should never let down the motherland and kurash by his improper behaviour and should serve his people, country, kurash till the last beat of the heart.

Along with all the mentioned they should behave themselves at the time of training, be attentive and try not to injure others, help partners in case there is something needed.

Each person that joins the family of Kurash should learn and follow the norms of manner mentioned above, otherwise they cannot be considered a coach or an athlete.

Behaviour of coaches

If one of the students wrestles improperly, the coach should explain kindly, and never shout at the student.	The coach should be flawless and clean person.
To know all the nuances of Kurash in perfection.	To be kind to the student.
Should not chestise any student in front of others.	Call the students to be clean.
Should not abuse the property of students.	To teach each student as per ability the student has.
Should not be avaricious towards his students.	Always remember own teacher.

Behaviour of Kurash athletes

To speak always the truth.	Never be grumpy
Should be clean and wear clean clothes.	To have good manners
To wish good wishes.	Not to be envious, wish to achieve the same.
To do what the coaches say with pure heart.	Not to be avaricious.
Should not hurt others, try to do good to others.	To be friendly with other student, co–workers from heart.
Should not be upnosed because of strenght.	Not to be happy because of the loss of the oponnent.
Not to speak too much at presence of the coach, be attentive, not to object when the coach speaks.	Not to gossip over others.

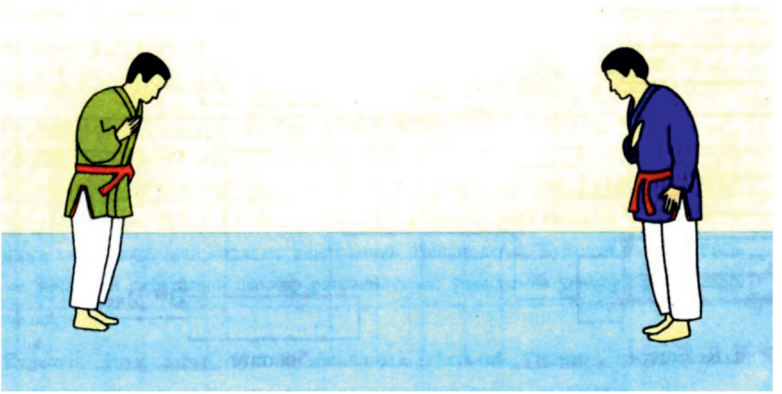
TECHNIQUES AND TACTICS OF KURASH

Kurash is a respective type of martial arts and the win over the opponent is carried out via applying certain actions and techniques.

All the techniques of Kurash are called and practiced under 7 names: supurma, chil, kushsha, yuk (yuklama), elka, bardor and yonbosh. They are divided into hundreds of techniques.

One should have a notion of the Kurash techniques, the way of their performance and the grapple of two athletes in order to master the kurash techniques in perfection.

Kurash athletes face one another when they come to the gilam (tatami) and after Tazim (bow down) start the fight according to approved rules (Fig. 11). They also must sit down in one line with legs crossed placing the left leg behind the right one and hands on the knees (Fig. 12) once the coach gives command "chordona"



In Kurash a win is gained by disbalancing the opponent and applying permitted techniques. The painless, beautiful and harmless for the health techniques are divided into groups and taught separately. The techniques are carried out in standing position with the use of arms, legs and hip. The techniques are taught in this order, but the coach starts with simple techniques continuing with more difficult ones. Kurash trainings can be of three kinds: visual learning of a technique, practical contest and free bout to practice the technique.

The person who is trying to perform a technique is called "kurashchi" and his partner is "raqib".

Anyone who wants to be a kurashchi (kurash athlete) should pay a careful attention to his physical readiness. Learning and doing different common and special exercises improve physical readiness. One should know the benefits, aims and differences between common and special physical exercises. A kurashchi should have perfect physical readiness as well as practice with acrobatic and gymnastics in order to be more flexible and faster. He should do weightlifting, running, cycling, rowing and swimming to be enduring. All the physical qualities of the kurashchi are connected with each other. For example, to be adroit it is necessary to be fast, to be fast it is necessary to have strength. To be enduring all the physical qualities should be developed. A kurashchi will achieve good results only once he develops all his physical qualities equally.

Some exercises necessary for the kurashchi: flexibility exercises improve swing. To develop flexibility every exercise should be practiced 16-18 times starting the exercise slowly gradually doing it faster. At the time of practice stretching muscles should not be overstrained.

The following exercises are advised to stay balanced:

1. Standing up on one leg stretching the second leg forward, backward and to sides.
2. Standing up with feet put together and bowing forward, to sides and backward and keeping hips unmoved rotating the body.
3. Standing up with feet put together and rotating hips round.
4. Doing above-said exercises standing on one leg.
5. Rotating body standing on one leg.
6. Hopping on one leg.
7. Jumping up and rotating body to 90°, 180° and 360° standing balanced.

Exercises to improve adroitness:

To have muscular strength a kurashchi can lift weight, but also do some other exercises. Slowly lifting weight bar putting it on the chest. Bending forwards with weight bar on the shoulders and doing sit-up in the same position. Lifting heavy weights and jogging with them. Jogging with the partner on the shoulders.

Doing exercises with special sport equipments. Pulling inside the sport equipment and applying supurma (sweep) technique. Practicing throws over shoulder. Lifting the opponent from the gilam up to hip or chest level without the opponent's resistance from different positions. Lifting the opponent in different positions and doing sit-up or bend down with the opponent on the shoulders.

Exercises to develop rapidity

Kurashchi should pay attention to the following things to improve this quality:

1. not to gain extra weight, do exercises develop rapidity, muscular strength not too much but very often.
2. passing a not very heavy rubber ball to each other and catching it in the air
3. stopping a ball coming in the air or rolling with the leg and kicking it to different directions.
4. speed running to short distance
5. high and long jumps
6. starting to run from different positions.
7. training neck muscles propping on the hands forwards and backwards.
8. doing chin-up
9. climbing-up a rope
10. hanging a yakhtak on the tree or a metal rod and pull up on the back to train finger muscles.
11. running to long distance (3-5 km)
12. pulling rope

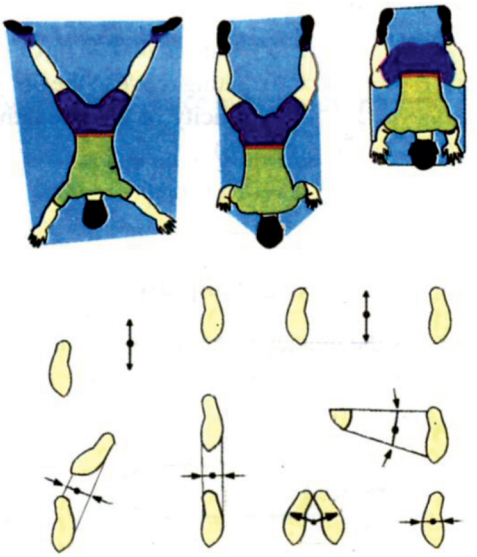
Theoretical footing of Kurash techniques

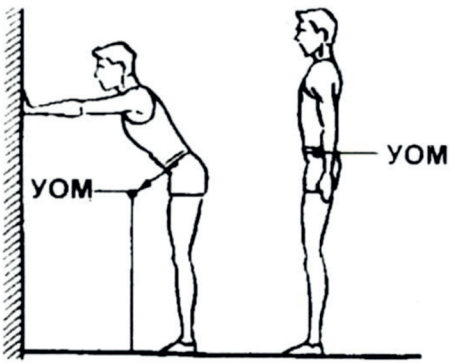
Practically proved that an athlete wins over his opponent and gives good results when he rationally uses his strength and movements.

The aim of the athlete on the gilam (tatami) is to misbalance his opponent, perform a technique in accordance with competition rules and drop his opponent on his back. That's why it is very important for the kurashchi not to lose his balance. For this some conceptions should be clarified.

Balance area

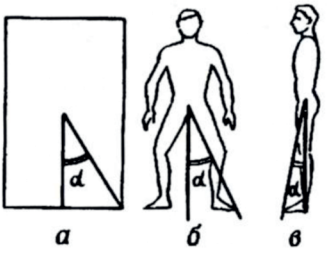
Area within the line connecting balance points with each other is called - **balance area** (Fig. 13).





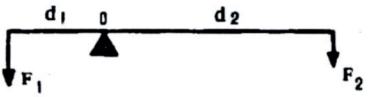
The point of the body that does not change position when the body rotates is called – **general gravity center (short - GGC).** The GGC of the person standing in upright position is on the level of the sacral vertebra of the backbone. The GGC can change its location

depending on the position of the person and sometimes can be outside of the body (pic. 14).



Firmness angle is the angle formed by the gravity line and the direct line connecting GGC with the respective edge. In different direction the firmness can differ. The firmness angel of the person standing with legs widely spread is more on the outer part of the leg and less in perpendicularly (pic. 15).

Moment of strength is the impact of the rotating move to the body partly equaling the capacity of the strength to the shoulder (pic. 16). .

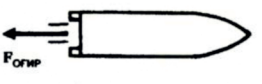


M=F*d
F - strength, d - shoulder

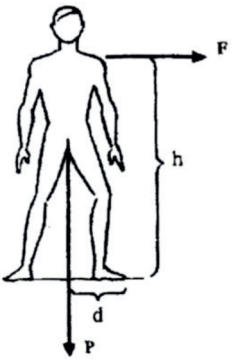
Strength impulse

Strength impulse is the impact of the strength against the body during a certain period of time, (if the strength impact does not change its volume): t -time. I = F * t, or if it changes (pic. 17).

$$I = \int_{t_0}^{t} F dt$$



From physics we know that firm balance of the body depends on the pass of the gravity line through the balance area. The firmness angle decreases as the gravity line comes to the edge of the balance area due to the bend of the body. The body starts to fall once the gravity line goes off the balance area (pic. 18).



In order to misbalance the body some impact should be applied and at this the volume of the impact depends on its size and point of application i.e. moment of strength.

The strength that keeps the body balanced is called gravity. The impact contra influencing the gravity and is to remove the volume of the moment of impact and equals to the following:

$$M_{firmness} = Pd$$

P - gravity, d - shoulder

The condition to keep the balance by the body is:

$$M_{firmness} > M_{falling}$$

The condition to misbalance is:

$$M_{firmness} < M_{falling}$$

For example, if 80 kg kurashchi (P-80) spreads his legs to 0,5 meters (d -0,25 m) then,

$$M_{firmness}\ 80\ kg\ 0{,}25\ m - 20\ kg/m$$

To misbalance the opponent, F impact is applied on the shoulders (h - 1,6 m). In this case to misbalance the kurashchi F should be as follows:

$$F_{falling} > M_{firmness} = 20 \text{ kg/m} : 1{,}6 \text{ m} = 12{,}5 \text{ kg}.$$

If F is on the waist level (h - 1,0 m), then to misbalance the kurashchi ft should be more than 20 kg.

$$F_{falling} > M_{firmness} = 20 \text{ kg/m} : 1 \text{ m} = 20 \text{ kg}.$$

These are the case when the opponent does not resist. If the opponent resists and lowers his body for 27 cm (15 kg impact is necessary to apply for 1,6 m height):

$$F_{falling} - 20\text{kgm}:1{,}33 = 15{,}04\text{kg} - 15\text{kg}$$

Taking into consideration the above-given examples the followings are advised to increase the impact against the opponent:

For the kurashchi (in attack)

1. To weaken the attacking force of the kurashchi, the shoulders should be narrower.
2. The level of firmness angle should be increased on the side from where the possible attack will come.
3. To slowdown the speed of the attack and to unable the attacker to perform the technique, the difference between moments of strength should be decreased.

For the opponent (in defense)

1. To increase the volume of impact against the opponent, shoulders should be wide and increase the impact.
2. To achieve the minimal level of firmness angle on the attacking side.

3. To have enough speed for the technique the difference between attacking and counteraction moments of strength should be increased.

COMMON TECHNICAL MOVEMENTS

Standing of the kurashchi

The kurashchi should stand in a position easy to attack, to defense, balanced and be able to perform any technique quickly. There are front, right and left side standings.

Actions and feint movements of the kurashchi

There are several types of movements: forwards, backwards, to left and right sides, left-forwards, right-forwards, left-backwards, right-backwards. The foot must be fully on the gilam during movements. When making movements the kurashchi must fully control his body. The opponent can misbalance the kurashchi at any time regardless how strong his stand is. That's why the kurashchi must always remember to intentionally move to the side to where the opponent pulls or pushes him as at the time when the kurashchi takes a step he props on one leg and can easily lose balance. For this reason he always must do a proper movement.

The kurashchi must do different movements otherwise the opponent can foresee his movement and perform a technique.

All the movements on the gilam must be done with an aim. At any position the kurashchi must move fast and properly. Feint movements include fast movements of the body, legs and arms, movements that mislead the opponent and do not disclose the possible attack. Such movements enable to

apply a technique when the opponent does not expect it. To apply a well-practiced technique 3-4 feint movements would be necessary.

Forbidden (not allowed) actions

1. Gripping below the belt level i.e. on the trousers or legs
2. Holding or pressing on the neck or the head of the opponent with both hands
3. Gripping on the sleeve or collar twisting inside or placing finger inside of the sleeve or collar
4. Falling with the knee or elbow on the opponent's face or chest
5. Rolling the yakhtak around the opponent's head
6. Applying strangling or painful techniques
7. Continuing the fight when the opponent touches the gilam with the knee(s)
8. Holding opponents fingers.
9. Talking during the fight isn't allowed, if there's any necessity athletes have to ask the referee. When the athlete is moving on the gilam, alone or with someone else, moves forward, back, to the sides, at this time he shouldn't lift the legs from the gilam, other way there's going to be a good chance for the opponent to fulfill attacking technique.

Self - defense

It's very important to be able to defense when thrown down and not to get injured. Every athlete should know how to fall down in a right way and know how to defense himself and his opponent to prevent injuries. The athletes should learn from the first lesson how to quickly stand up to the fighting position.

When fulfilling the technique of throwing and throwing down harmless falling is important for both athletes. That one who didn't learn how to fall properly will be always scared and careful, this can prevent him from becoming prominent kurashchi.

Kurashchi should first of all know his and his opponents GGC and no matter in what position he issyanding, he must know the propping point.

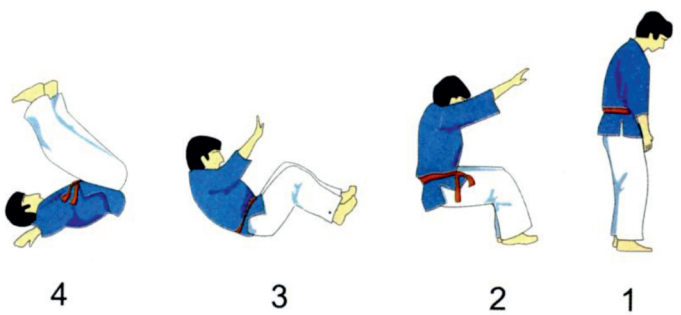
There are several directions of falling down:

a) back; b) to the side; c) forward. Each direction of falling down should be carefully learned. High-qualified athletes should also reiterate falling techniques. These exercises are important for warm-up.

When falling on the gilam first kurashchi's hands should be hit down and then his body, this will prevent from injury.

Falling back

To fall in a position of bended legs and body. To make one or two little steps back and at this moment bend the knees. When this exercise fulfilled quickly, to stand and to keep the distance in the position of somersould back To learn the hand position during the falling: to lie on the gilam with back, to pick both legs together, to press the chin to chest. Hands raise and hits to the gilam.During the hands hit the gilam they stretched forward, palm put down and fingers together. Angle of 45-50 degree will be between body and hand (Fig. 19).



Falling to the side

Falling side repeats often in Kurash, that's why one should pay more attention to this movement. In the position of standing upright, to put one leg forward, to bend attacking leg from knee. To fall side in the position of hitting hand, hand should hit before body. (Fig. 20)

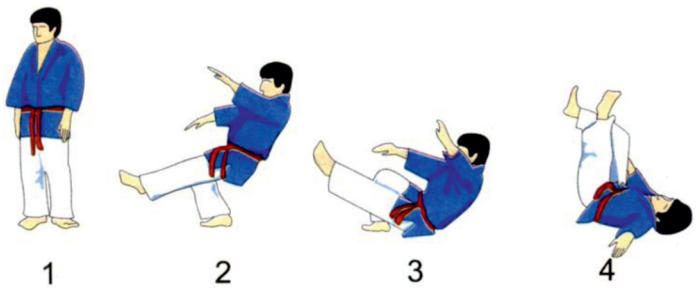
To learn the last position in falling to the side: to lie with the right side on the gilam. To bend the knees and pull them to the chest, left knee bends and put on the gilam before the right calf, to press the chest with the chin and to bend the body down. The left knee lifts up and the right knee is put on gilam. The palm of the right hand should be below the body about 45-50°, put on the gilam and the left hand should be lifted up.

Exactly in this consecution and position this exercise fulfills to the left side too.

Now such fallings to the both sides should be learned in different positions.

To get over the opponent who leaned on the hands and knees on the gilam and fall: To go to the right side of the opponent who is leaning on the hands and knees and to turn back to him.To hold with the left hand from the shoulder of the opponent's yakhtak, right leg raises when it stretched, at this time right hand stretched forward. He falls back bending waistband, during the falling, when body comes close to the gilam, right hand moves forward from the falling body the last part of the wrist and the palm directed down to the gilam, hits, decreases the falling force, after the hands the body falls and after that the legs.

Exactly in such position and consequence falls to the right or to the left side.

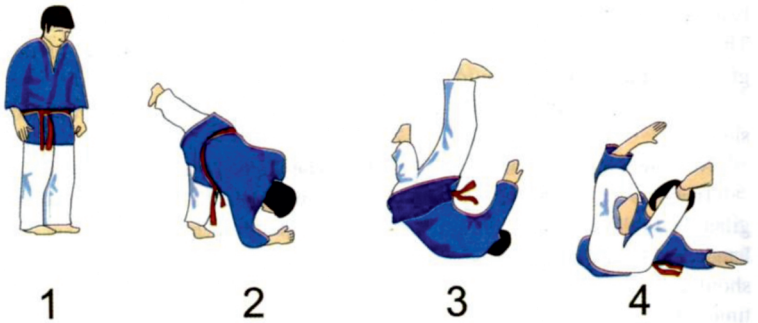


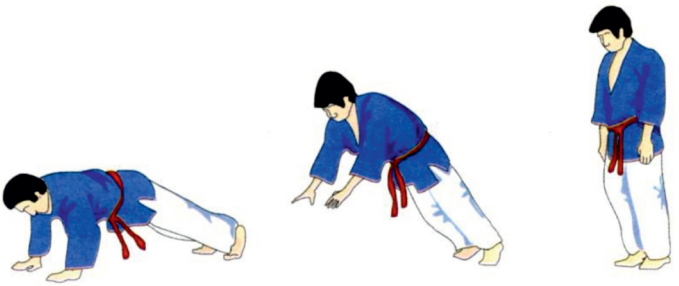
Falling forward

There are 2 types of falling in this direction:

a) The exercise of making forward somersault (Fig. 21)

b) Standing upright, to prop on the hands and fall forward (Fig.22**)**





Grips

There are various types of grips in Kurash, high-qualified athletes master thesr types of grips.

Convenient grip for apply a technique: This kind of grip is applied especially when the opponent wants to grip. Counter grip to the opponent's grip: when the opponent takes into account his convenient way of grip, it's possible to use the opportunity and to use the method when gripping in this manner.

Defense grips: It's such an inconvenient gripping which doesn't give a chance to the opponent and hinders him. But sometimes in this gripping using the methods is possible too.

While gripping it's necessary to observe the following rules:

1. If hands are free when holding, they don't get tired quickly and can affect the opponent very fast.

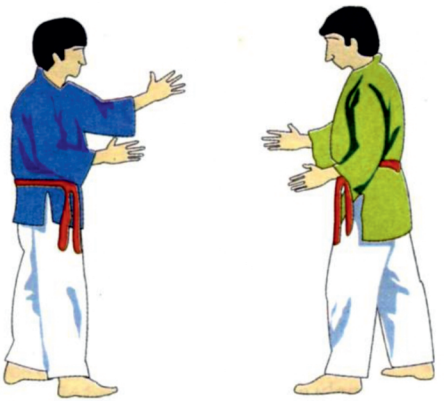
2. The athlete should fulfill the most convenient type of gripping and quickly change the technique, other way the opponent will have time to defense oneself.

3. Kurashchi should know different types of grips and with help of the grip should be able to use different methods and techniques.

Distances between athletes

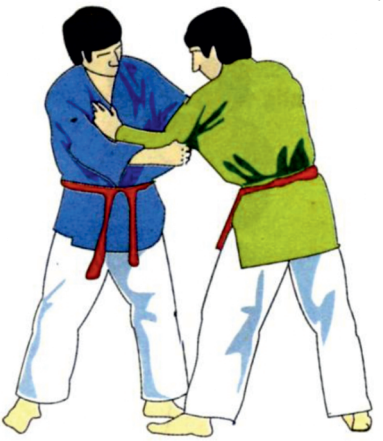
There are 5 types of distances:

1. The distance without touching - position when athletes do not touch each other, but wait for the right moment to grip the opponent (fig 23).



2. Long distance - when athletes hold one or both shoulders of the opponent (fig. 24).

3. Medium distance - when athletes grip yakhtak's upper part with one hand and the sleeve with another one (fig. 25).



4. Close distance - when athletes grip the collar or sleeve with one hand and the belt on the front or on the side with another hand (fig. 26).

5. Very close distance - grabbing each other around the body then press with body and make a hook (fig. 27).

Misbalancing the athletes

Misbalancing the opponent is the main part of techniques. There are several main methods of misbalancing:

1. Ahead - by the movement of both hands athlete is pushed forward and bended down, heels are pulled off the gilam and gravity center of the athlete directs forward (fig. 28).

2. Back — by the movement of both hands athlete is shaken back, his body's bending back and his toes pull off the gilam and the vertical line of his gravity center moves back (fig. 29).

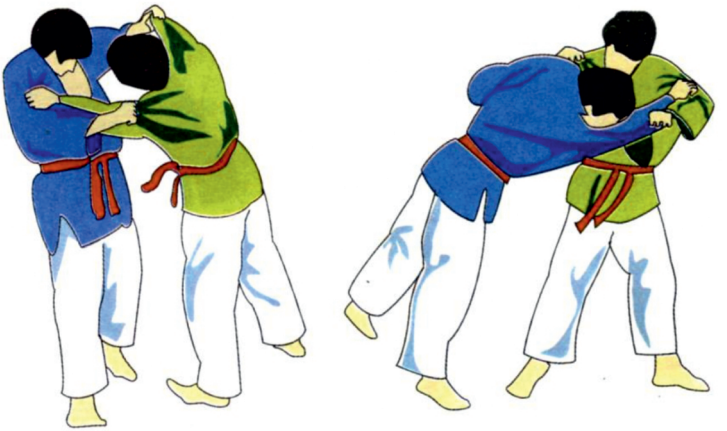
3. To the right - left hand moves to the right and down, right hand moves to the right and up, impacting to outer part of opponent's right leg by left leg. Vertical line of gravity center moves to the right leg.

4. To the left - movements to the right are made symmetrical. Only the vertical line of gravity center moves to the left leg (fig 30).

5. To the right and forward - impacting to the right leg of the opponent by moving left hand upper himself and with help of right hand's moving up and to the right (fig. 31).

6. To the left and forward - all movements of the method to the left and forward must be made symmetrical.

7. To the right and back - coming close to the opponent with left leg, left hand moves to the right and down, right hand moves to the right and impacts the right leg of the athlete (fig. 32).



8. To the left and back - all movements of the method to the right and back must be made symmetrical. Only the vertical line of center of gravity moves to the left leg of the athlete.

When misbalancing the opponent athlete should be stable and ready to show his technique methods.

When the athlete moving on gilam, his weight moves to the right or left leg and loses his stability. When performing these movements should be made very fast. It considered to be more convenient to misbalance the opponent to that side where he directs. Learning the technic of misbalancing the athlete should be when staying stable at one place.

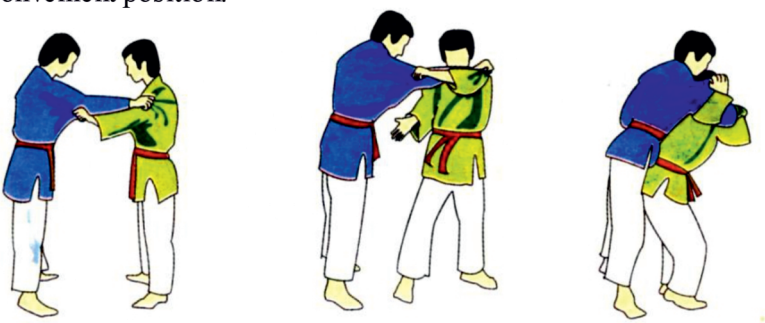
After carefully learning, misbalancing methods should be learned during the movements. To reach good results helps only non-stop and regular exercises and labor.

Methods of coming close to the opponent

In kurash to fulfill the methods body should move to all sides fast and easy. This is very important in attack and in defense. There are several main forms of turning:

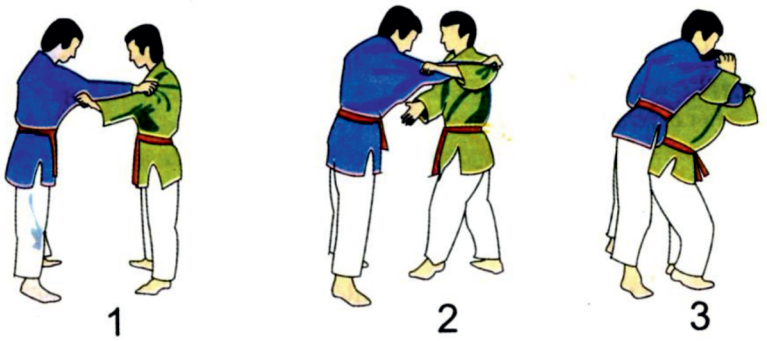
To the right:

a) The position when the athlete stands right in front of the opponent (fig 33). To turn to the right the athlete should put his right leg forward, in front of the right leg of the opponent, on the tip of toe, then turn the shoulder to the opponent, to put the left leg in front of the left leg of the opponent, after that to turn to 180°, turn the right leg on the tip of the toe and keep convenient position.



1 2 3

b) The position when the athlete stands right in front of the opponent (fig. 34). To turn to the right the athlete should put his left toe in front of the left leg of the opponent, then turn shoulders to the opponent and put his right leg between his and the opponent's left leg with one shake.



To the left:

a) The position when the athlete stands straight in front of the opponent. He has to put his left toe in front of the left leg of the competitor, it should be perpendicular.

Then turn it from previous position to 180°and turn to the opponent with shoulders, in the same time turning on the left toe athlete should take convenient position and turn the toe to the side.

b) The position when the athlete stands straight in front of the opponent. To turn to the left athlete should put his right toe in front of the opponents' right leg - in position of directing to the side. When turning shoulders he should put his left leg between opponent's and his right leg with one shake.

METHODS OF THROWING AND DROPPING

Methods of sweeping (Supurma)

According to the method athlete should take from the convenient place of opponent's yakhtak , misbalancing the opponent, to be sure, all the method's of sweeping with right or left leg is named "Sweeping".

Sweeping forward.

This method is very convenient, when the opponent moves or bends forward.

Previous position. The position when the athletes begins their struggle, The position when the athlete keeping under the opponent's both elbows, the position when keeping closer (fig. 35).

1 2 3 4

1- To put step a side with the propping foot, to shake the opponent with hand, to sweep his leg with the attacking foot.

2- To continue of shaking, turning opponent's shoulder, to sweep to his shin with the upper side of attacking foot.

3- Turning the opponent's shoulder, to pull off his body (legs) from the gilam.

4- After opponent's dropping direction becomes , athlete should drop his hand down, he has to give a chance to opponent for being carefully.

Types of grips

1. On both sleeves;
2. On sleeve and collar;
3. On sleeve and arm-hole;
4. On sleeve and belt.

Counter techniques

1. To resist the opponent with hands, to hit his attacking foot.

2. To put the attacking foot over the opponent's attacking foot and to sweep the opponent.

Defense

1. Not to give a chance to opponent to get out of gravity center.

2. Not to give a way to find right position to fulfill the method.

3. To be in a very close distance with the opponent.

Flaws

1. Not to turn enough to the side where the opponent wants to make the technique.

2. To go to the side of where technique applied.

3. To raise the heel.

4. Athlete bent knee.

5. Hands not pulled as needed.

To sweep from the side simultaneously making a step

It is easy to apply this technique when the opponent moves to the side.

Initial Position - position before the start of the fight.

Athlete when keep below opponents' elbow (fig 36).

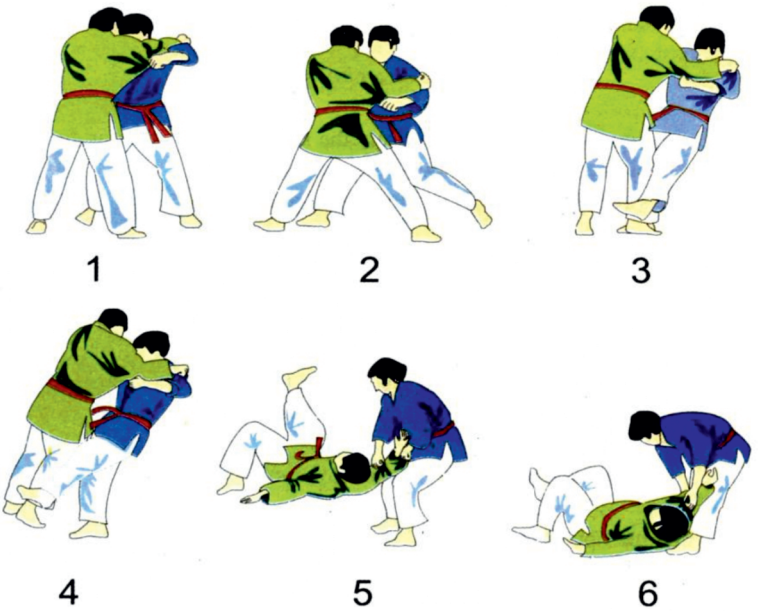
1—to put step a side, to make the opponent to step together.

2— At the moment when the opponent puts his farther located foot on the gilam, continuing hand movement, attacking foot, to get free from his body weight, in position of raising

elbows inside and up, to hit his foot with shin very fast from the side.

3—4— Throwing the opponent on the gilam by hitting him with the attacking foot on his both feet.

5— 6— When the opponent is about to fall back, to release his farther hand, to give him a chance to ensure himself, to put the attacking foot on the gilam and to keep firm position.



Types of grips

1. On both sleeves;
2. On collar and sleeve;

3. On collar and arm-hole.

Feint actions

1. Hitting from the side;
2. Hitting from the front.

Defense

1. To put attacking foot on the gilam;
3. To cross the attacking foot over the opponent's attacking foot.

Counter technique

1. To sweep at the same time from the side with the attacking foot. 2 To sweep from the side with the attacking foot. 3. To sweep in front with the propping foot.

Flaws

1. Hands action weaker than enough.
2. Lost synchronism in movements with the opponent.
3. To impact enough propping leg, but not to be able to sweep.
4. The direction of the pulling hands not shifted to other side.

To sweep inside of the opponent's footstep

When the opponent puts his feet wide, he moves back, pulls him and fulfills this method in convenient way.

Initial position - The start of the fight. Gripping the left or right sleeve and on collar (fig. 37).

1 2 3 4 5

1-To shake and pull, to move body weight to the propping foot.

2-3-The athlete puts wide step with his attacking foot, coming clo the opponent, without putting his foot on the gilam, entangling his heel li off the gilam.

4-5- Continuing moving forward, the athlete hits the attacking foot of the opppnent and doesn't give a chance to put on the gilam and dropping the opponent on the gilam on his shoulders.

Types of grips

1. On the sleeve and the edge of the sleeve
2. On the sleeve and collar
3. On both sleeves
4. On the sleeve and back of the belt

Feint movements

1. From inside, lifting off the shin the gilam
2. From outside, hooking with the heel

Defense

1 .Crossing the attacking foot over the attacking foot of the opponent 2. Shifting the weight of the body to the attacking foot of the opponent, placing it back and bending the body forward.

Counter techniques

1. Sweeping forward with the attacking foot
2. Crossing the attacking foot over the attacking footof the opponent and twisting with the hands.
3. Twisting in the opposite direction, pressing

Flaws

1. The propping leg of the opponent is too in backward
2. No hitting on the attacking foot of the opponent
3. Kurashchi not turned to side towards the opponent

Hooking from outside with the outer part of the leg

It is easy to apply this technique when the opponent is standing on one side. Initial position - athletes are standing on one side. Sleeves and collars are gripped (fig. 38).

1- To hit the attacking foot of the opponent.

2- At the same time to approach the opponent with the propping foot and hooking the attacking foot of the opponent with the outer part of the foot.

3- To force the opponent make a backwards step with his week foot misbalancing him

Feint movements

1. To sweep from backward
2. To entangle with the outer part of the leg from inside.
3. To hook with the tip of the foot on the heel

Defense

1. To leave behind the attacking foot
2. To cross the attacking leg over the attacking foot of the opponent
3. Not to allow lift the attacking foot off the gilam by bending down

Counter techniques

1. To lift the opponent hooking from inside
2. To sweep on the heel from back

Flaws

1. Pressing with the body weight the attacking foot of the opponent not well enough
2. Kurashchi not turned to one side having approached his opponent
3. The foot of the opponent not well enough pressed
4. The rhythm of the technique breached when the propping leg of the opponent placed back
5. The opponent not well enough shaken and fallen down

CHEEL TECHNIQUES

All the techniques performed by gripping the right place, misbalancing the opponent and hooking the either left or right leg with the left or right leg of the opponent are called "Cheel".

Hooking with the shin from inside the same side leg of the opponent

It is considered easy to throw the opponent if his feet are spread widely, he moves back or pulls in.

Initial position - Position before starting of the fight. The left or right collar and sleeve of the opponent is gripped (fig. 39).

1 2 3 4 5

1- 2- Shaking to pull the opponent and force him to stand on feet tips simultaneously entangling the foot of the opponent.

3- Hooking the left or right foot of the opponent from inside and shifting the position of the hands to push the opponent to sides or backwards.

4- 5 - To hoop the attacking foot of the opponent and drop him pushing backwards.

Types of grips

1. On the sleeve and the collar not twisting
2. On the sleeve and the collar
3. On the sleeve and rear side of the yakhtak
4. On one sleeve

Feint movements

1. To entangle the shin from inside
2. To lift hooking from inside
3. To throw oyer the thigh
4. To throw over the hip

Defense

l. To cross the attacking foot over the attacking foot of the opponent

2. To bend down moving the attacking foot of the opponent backwards

3. Leaving the propping leg behind

Counter techniques

1. To hook on left or right shin
2. To hit the below part of the thigh
3. To throw attacking both foot

Flaws

1. The propping foot left behind or further
2. The attacking foot of the opponent kept on the gilam
3. Pushing the opponent towards the propping leg

Hooking with the shin the left or right foot of the opponent from outside

It is proper to apply this technique when the opponent pulls in or steps back.

Initial position - Position before starting the fight. To grip the collar and rear side of the opponent's yakhtak (fig. 40).

1 2 3 4 5

1-2-3 - The opponent is pulled in and shaken then the balance is shifted on his attacking foot continuing with the hook on the shin of the same foot.

4 - The opponent is tightly gripped around the body and lifting off the gilam thrown on the back.

5 - Once the back of the opponent touches the gilam he is pressed with the chest. The will make his back fully touch the gilam.

Types of grips

1. On the collar and the rear side of the yakhtak
2. On the rear part of the belt and the collar
3. On the upper part of the sleeve and the collar
4. Around the body of the opponent including the arms.

Feint movements

1. Throwing over the hip

2. Sweeping from the rear side

Defense

1. Turning to the attacker with other side placing the attacking foot back
2. Taking the hands off the opponent and knee down
3. At the final of the technique turning to the opponent with the chest and pull under own body.

Counter techniques

1. To lift and throw
2. To throw over the waist
3. To entangle with the shin on inside
4. Side sweep

Flaws

1. The opponent is not well pushed on the propping leg
2. The throws done from the propping leg side
3. The kurashchi falls under the opponent when throwing

Hooking on the inside with shin (Cheel)

To apply the cheel technique is easy when the opponent's feet are widely spread and pulls in.

Initial position - Either left or right collar and sleeves are gripped (fig. 41).

1 2 3 4 5

1 - The kurashchi step to closer to the opponent with the attacking foot bent inside

2 - By shaking to force the opponent to shift the weight of the body to the foot to be attacked

3-5 - Pushing the opponent drop him on the gilam by entangling the right or left leg. To hook from the inside the opposite leg of the opponent with the attacking foot and pushing him drop on the gilam.

Types of grips

1. On the collar and the sleeve
2. On both collars
3. On the sleeve and arm-hole
4. On both arm-holes
5. On the collar and rear waist level of the yakhtak

Feint movements

1. Throwing over the shoulder
2. Making a fore-trip
3. Making a rear-trip
4. Throwing over the hip
5. Sweeping the heel on the inside

Defense

1. Leaving behind the attacking leg and turn to side
2. Crossing the attacking leg over the attacking leg of the opponent
3. Pushing the opponent back not allowing to hook the attacking foot
4. Placing the propping leg back

Counter techniques

1. To sweep the attacking foot on side
2. To throw bending down
3. To make a fore-sweep on the propping leg
4. To throw back lifting on the thigh

Flaws

1. The attacking leg of the opponent is not loaded well enough
2. The propping leg of the opponent is not firm enough
3. The throw is done on the propping leg side of the opponent
4. The attacking kurashchi has not grabbed the opponent tightly and lifted on the thigh

KUSHSHA TECHNIQUES

The techniques performed by hitting with feet gripping the opponent's yakhtak as well as misbalancing at the same time are called "Kushsha" techniques.

Lifting from rear and front sides

It is easy to apply this technique when the opponent is bent backward. Initial position - Start of the fight. Both athletes grip on the arm-holes of the opponent (fig. 42).

1 2 3 4 5

1 - To step forward and hook the propping leg of the opponent

2 - To keep misbalancing the opponent and throw him on the gilam lifting either left or right leg of the opponent with the attacking foot.

Types of grips

1. On the reverse side of the sleeve and collar
2. On the sleeve and collar
3. On the sleeve and arm-hole
4. On both arm-holes
5. On the sleeve and shoulder part of the yakhtak
6. On the belt and reverse side of the collar

Feint movements

1. To sweep on the inside
2. To make fore-trip
3. To hook the shin on the inside
4. To make a rear-trip

Defense

1. To bend down to the opposite from resisting side.
2. To put attacking foot back and to turn to the opponent with the chest.
3. To step to the rear side of the opponent. To throw the opponent to the side of his attacking foot.

Counter techniques

1. To sweep from the front with attacking foot.
2. To throw the opponent over the waistband with help of the attacking foot.
3. To throw over the chest

Flaws

1. The opponent is not misbalanced to the attacking side.
2. The propping leg of the opponent is not placed to the side of the opponent
3. Weak feet movements
4. The knee is bent when moving the feet

Lifting sweeping both feet

This technique is easily applied when the opponent is bent down or moves forward.

Initial position - Position before the start of the fight. The kurashchi grips on the sleeve and the reverse of the collar (fig. 43).

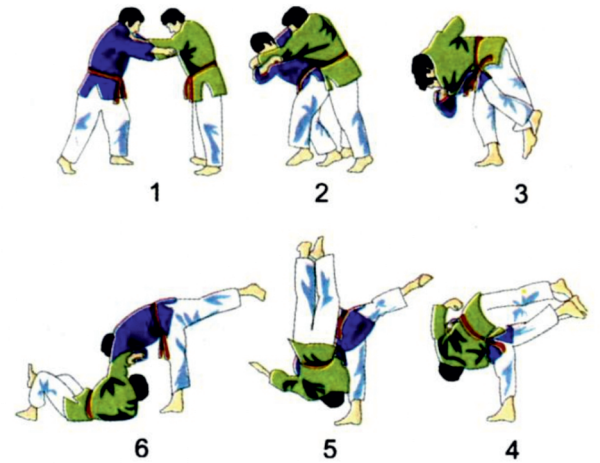
1 - Kurashchi makes a half step to the opponent gripping him shifts his weight him to left foot.

2 - Misbalancing the opponent steps to him and turning his back bend his knee.

4-5-6 - Hitting his left or right foot twists his body and lifting throws the opponent on the gilam

Types of grips

1. On the sleeve and reverse of the collar
2. On the sleeve and collar
1. On the arm-hole and reverse of the collar
2. On both arm-holes



Feint movements

1. Making a rear-trip
2. To hook the shin from outside

Defense

1. To move to rear side of the opponent
2. To hook with one of the shins
3. To move in the same direction with the opponent
4. To lower down a bit blocking the opponent's hands
5. To straighten up and turn to the opponent by side moving unattacking leg forward.

Counter techniques

1. To throw over the chest
2. To overturn (turn back)

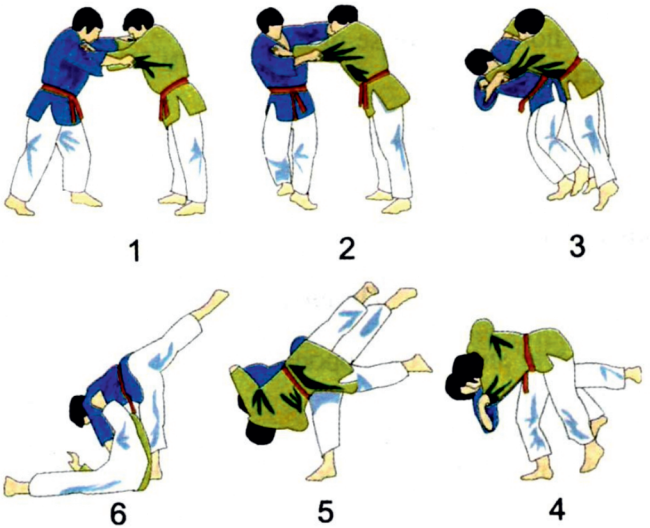
Flaws

1. Placing the attacking foot close to the opponent
2. The opponent is not misbalanced on the attacking leg well enough
3. The propping leg of the kurashchi is not bent down and the body not lowered

Kushsha (lifting and throwing) on the inside

This technique is easily applied when the opponent bent down spread his feet widely or moves forward.

Initial position - Position before the start of the fight. The kurashchi grips on the sleeve and the reverse of the collar (fig. 44).



1 - To make a half step with the attacking foot turning the foot inside

2 - To misbalance the opponent to the attacking foot and turning the attacking foot to place the propping leg close to the opponent to bend it down a little.

3—4—5—6 - To lift the opponent on the attacking foot and with hands twist him to sides, down, up and to throw him over the shoulder.

Types of grips

1. On the sleeve and the reverse of the collar
2. On the sleeve and collar
3. On the sleeve and shoulder part of the yakhtak
4. On both armholes.

Feint movements

1. Hooking with the foot from the outside
2. Sweeping on the heel on the inside
3. Hooking with the shin on the inside
4. Misbalancing

Defense

1. To move to rear side of the opponent
2. To move to the same side as the opponent
3. To cross over the attacking leg
4. To lower down blocking the opponent

Counter techniques

1. To hook the same foot with the shin
2. To twist the opponent forward overstepping the attacking foot
3. To throw the opponent bending down
4. Turn back to the opponent and throw over the waist

Flaws

1. The attacking foot is too close to the opponent
2. The propping leg not bent
3. The opponent too much twisted
4. The opponent twisted not enough

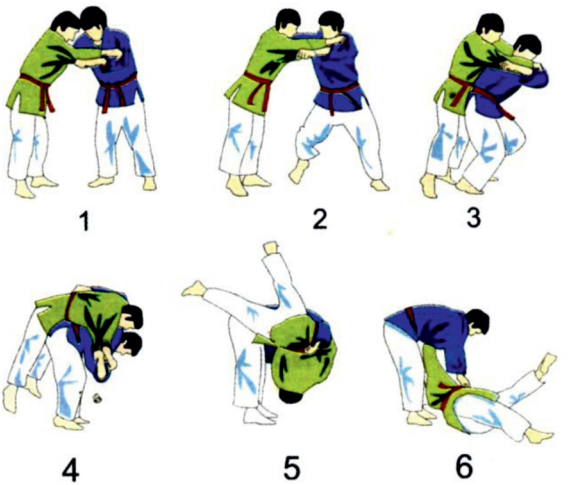
YUKLAMA TECHNIQUES

All the techniques performed by throwing the misbalanced opponent over the hip are called Yuk (Yuklama) techniques.

Throwing over the hip

It is easy to apply this technique when the opponent pulls towards himself.

Initial position - Position before the start of the fight. The kurashchi stands on one side gripping shoulder part and either left or right sleeve of the yakhtak (fig. 45).



1-2 - Pulling the opponent misbalance on the toe.

3 - At the same time to step towards the opponent, turning back to him lower down and pull him to the back.

4-5-6 - Bending down and lift him on the hip and throw over on the gilam.

Types of grips

1. On the sleeve and the rear part of the belt
2. On the sleeve and grabbing the whole body around
3. On the armhole and shoulder part of the yakhtak

4. On the reverse of the collar and shoulder part of the yakhtak

5. On the sleeve and front of the belt

Feint movements

1. To hook from outside with the upper part of the foot
2. Hooking on the inside with the shin
3. Sweeping the heel

Defense

1. To step to rear side of the opponent
2. To move to the same side as the opponent
3. To turn to the opponent by side and hit the knee of the stepping leg with the knee

Counter techniques

1. To throw bending down
2. To hook the same side foot with the shin
3. To lift and throw gripping the sleeve and belt

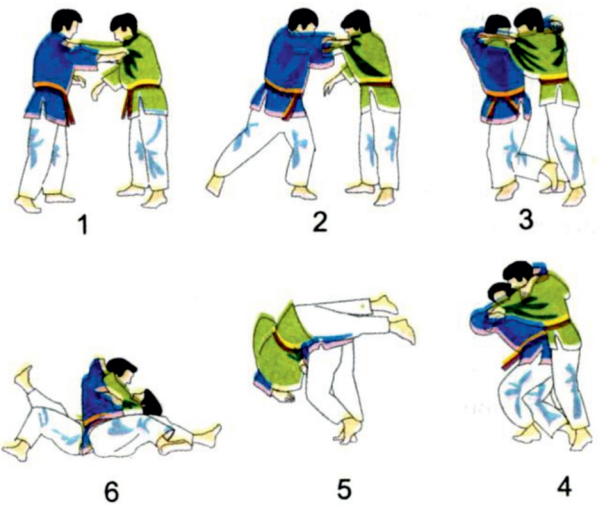
Flaws

1. The opponent not misbalanced to the toe well enough
2. When turning the second foot not placed forward
3. Kurashchi not lowered down under the opponent
4. When lowering down under the opponent not pushed forward and up well enough
5. Kurashchi steps to the opponent too lowered down

Throwing over the hip holding around the neck

It is easy to apply this technique when the opponent bent down.

Initial position - Position before the start of the fight. Kurashchi grips left or right sleeve of the opponent (fig. 46).



1 -2 - To step with one leg towards the opponent, shake him and misbalance on the toe.

3-4 - To keep shaking and with the other hand hold around the neck of the opponent, then turning back lower down under the opponent

5 - To bend down the opponent and lift on the hip and throw over on the gilam

Types of grips

1. On the sleeve
2. On the armhole

3. On the reverse of the collar

Defense

1. To set against the hip of the opponent when he turns
2. To move to the rear side of the opponent
3. To step to the turning side of the opponent
4. To lower down

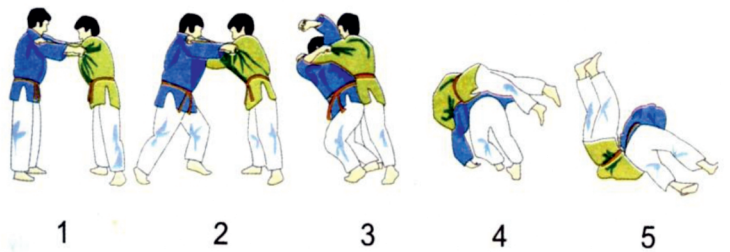
Flaws

1. The opponent not misbalanced on the toe well enough
2. The hip not turned well enough
3. When throwing the opponent not misbalanced

Throwing over the hip gripping with one hand

It is easy to apply this technique when the opponent bent down or steps towards.

Initial position - Position before the start of the fight. Kurashchi grips on either left or right collar reverse (fig. 47).



1-2 - To step towards the opponent shaking with the gripped hand up to misbalance the opponent on the toe and lower down with one leg under the opponent

3 - To keep shaking with the gripped hand, the other hands lifted up and turn back to the opponent

4-5 - To turn and move to sides, forward and down pulling the opponent up and throw on the gilam

Types of grips

1. On the sleeve
2. On the armhole

Defense

1. To set against the hip of the opponent when he turns
2. To move to the rear side of the opponent
3. To step to the turning side of the opponent
4. To lower down

Counter techniques

1. To hook the same side foot with the shin from outside
2. To drop gripping one sleeve and the belt
3. To throw bending down

Flaws

1. The opponent not misbalanced on the toe well enough
2. The hand of the opponent pulled up-forward
3. When turning the kurashchi bent down
4. When performing the technique kurashchi not turned the whole body

ELKA (SHOULDER) TECHNIQUE

All the techniques performed by gripping the misbalanced opponent and throwing over the shoulders are called elka techniques.

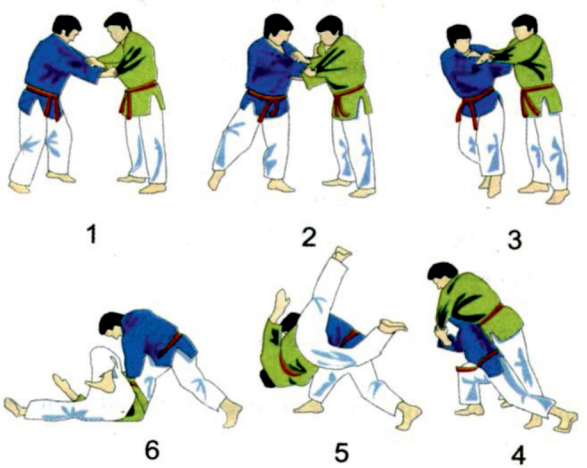
Front elka (shoulder)

It is easy to apply this techniques when the opponent bent forward or leans against.

Initial position - Position befor the start of the fight. Kurashchi grips on either left or right collar and the sleev (fig. 48).

1 - To make a step forward and shift the balance on the right foot 2-3-4 - To turn on left foot, shake and pull the opponent and forcing him shift the balance on the toe of the left foot simultaneously bending the knees lower down under the opponent lift him up.

5-6 - To keep lifting up on the shoulders and throw on the gilam



Types of grips

1. On the sleeve and collar reverse
2. On the sleeve and armhole
3. On the sleeve and collar
4. On both collar reverses
5. On the sleeve and rear part of the belt

Feint movements

1. To hook with the heel from outside
2. To throw over the shoulder
3. To throw over the hip
4. To hook with the heel on the inside

Defense

1. To cross the attacking leg over the opponent's attacking leg
2. To step to rear side of the opponent, gripping on the reverses of the collar and sleeve disable him to move
3. To release the gripped arm by shaking

Counter techniques

1. To hook the same side shin from rear
2. To hook with the heel from outside
3. To lift with the shin from outside

Flaws

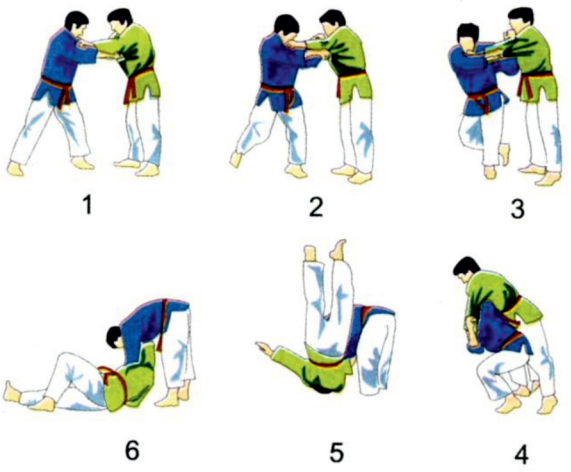
1. Not shifting the weight of the opponent to the attacking leg
2. The propping leg not bent well enough

3. Instead of pushing up-forward the kurashchi pulls inwards when the opponent steps towards him

Throwing over the shoulder

It is easy to apply this techniques when the opponent bent down or moves towards the kurashchi.

Initial position - Position before the start of the fight. Kurashchi grips on either left or right sleeve and the reverse of the collar (fig. 49).



1 - To make a half step towards the opponent turning foot inside.

2-3 - To pull the opponent and shift the balance on the left toe at the same time turning on the left foot to lower down under the opponent

4 - To keep pulling the opponent up-forward to make a curtsey under the opponent.

5-6 - To bend down and turning the opponent to side throw on the gilam

Types of grips

1. On the sleeve and reverse of the collar
2. On the armhole and the reverse of the collar

Feint movements

1. To hook with the shin on the inside
2. To hit the bottom of the him on the inside
3. To hook with the foot on the inside

Defense

1. To step to the turning side of the opponent
2. To move to the rear side of the opponent
3. To turn with side to the opponent
4. To lower down

Counter techniques

1. To lift and throw back
2. To hook the same side foot with the shin
3. To grip one sleeve and the belt and throw

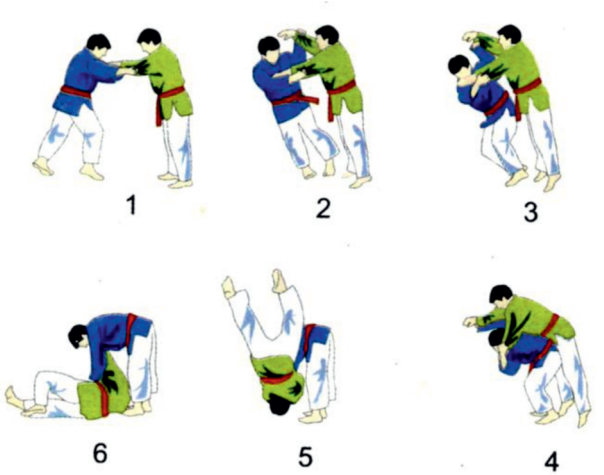
Flaws

1. Hip not turned as necessary
2. Kurashchi not lowered under the opponent well enough
3. After the first shake, pulling the opponent stopped
4. After turning, legs not straightened up and the opponent to hit by hips

Throw over the shoulder gripping both sleeves

It is easy to apply this technique when the opponent is in upright position stretching arms forward.

Initial position - Position before the start of the fight. Kurashchi grips either left or right sleeve of the opponent (fig. 50).



1- To step towards the opponent with the right leg.

2-3-4 - To turn on the right foot, bend up the knee and turn to the opponent on back and lower down under him

5-6 - To keep pulling up-forward, bend down under the opponent, put the knees together, lifting the opponent on the back and throw on the gilam.

Types of grips

1. On the sleeve edges
2. On the sleeve edge and the elbow

Feint movements

1. To hit the foot on the inside
2. To make a rear-trip
3. To hook with the upper part of the foot from outside

Defense

1. To clasp elbow to the chest
2. To turn side to the opponent and lower down
3. To step to rear side of the opponent

Counter techniques

1. Side sweep
2. Rear-trip

Flaws

1. The attacking arm of the opponent not pulled up-forward as needed
2. Him not turned as needed
3. When turning pulling the hands weakened

Throwing over the shoulder via reverse grip

It is easy to apply this technique when the opponent's hand stretched forward.

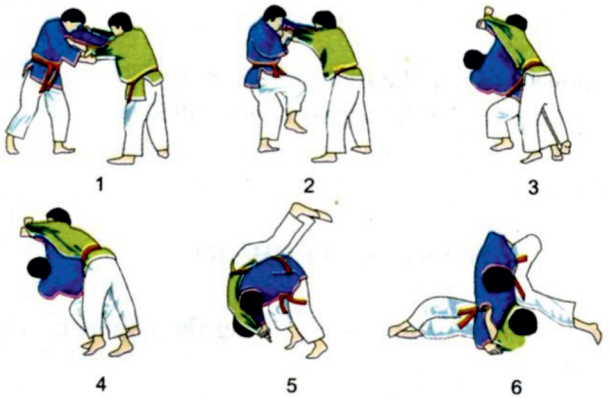
Initial position - Position before the start of the fight. Kurashchi grips either left or right sleeve and the reverse of the color in the reverse manner (fig. 51).

1- To make a half step towards the opponent and turn foot outside

2 - To grip with the right hand the left sleeve, turn on left foot back and with the right foot step between the legs of the opponent.

3-4 - To keep pulling up-forward, place the left foot to the right foot of the opponent and lower down under him.

5-6 - To keep pulling, turn body to side, hitting with the hip the opponent up throw him on the gilam.



Types of grips

1. On" the sleeve and reverse of collar
2. On the sleeve and armhole

Feint movements

1. To sweep on the heel from inside
2. To make rear-trip
3. To throw over the shoulder

Defense

1. Not to allow to lift the attacking arm by keeping the elbow down

2. To turn side to the opponent and place the foot forward

3. To step to rear side of the opponent

4. To step to the same side as the opponent turns

Counter techniques

1. To make a rear-trip
2. To make a side-trip
3. To hook from outside

Flaws

1. The opponent falls in the free arm direction

2. The attacking arm of the opponent not pulled as needed

3. Kurashchi not lowered down under the opponent

4. Kurashchi turns hip not as needed

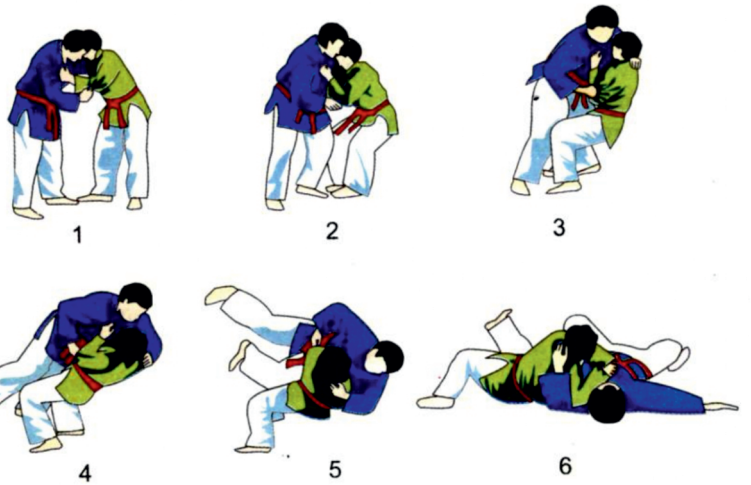
BARDOR TECHNIQUES

All the techniques performed by lifting the opponent and throwing are called Bardor techniques.

It is easy to apply this technique when the opponent bent down and moves towards the kurashchi.

Initial position - Position before the start of the fight

Kurashchi grips on the belt and either left or right collar reverse (fig. 52).



1-2-3 - To step towards the opponent, lower down and press him to the chest and bend back.

4-5-6 - To keep banding back, pressing lift him off the gilam, falling back turn the opponent on the back and drop on the gilam

Types of grips

1. On the collar reverse and belt
2. On the sleeve and belt
3. On the armhole and belt
4. Grabbing around the body

Feint movements

Throwing over the hip

Defense

1. When falling turn facing the opponent and put out the leg Counter techniques

1. To sweep the heel on the inside

2. To hook the opposite side foot with the shin from outside

Flaws

1. Not lowered down under the opponent as needed

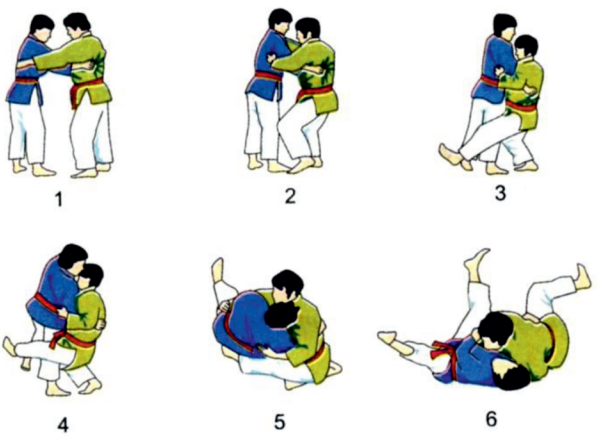
2. When performing the technique kurashchi not bent back

3. When falling not turned facing the gilam

Throwing back over the leg

It is easy to perform this technique when the opponent pulls inwards or moves backwards.

Initial position - Athletes are in different positions. Grip on the shoulder part and collar reverse (fig. 53).



1- To step towards the opponent with the propping foot and shift the balance of the opponent on the attacking foot.

2-3 - To keep shifting balance to the attacking foot side, place the foot behind the opponent's foot and keep it off the gilam

4-5-6 - To fall to side with the opponent, dropping him on the back and turn facing the opponent.

Types of grips

1. On the shoulder part of yakhtak and collar reverse.
2. On the shoulder part of yakhtak and armhole.
3. On the shoulder part of yakhtak and collar.
4. On the sleeve and around the body.
5. On the sleeve and neck.

Feint movements

1. Throwing over the hip.
2. Making a rear-trip.
3. Making a fore-trip.

Defense

1. To step to the opposite direction of the attacking side of the opponent and shift the balance to the same side, at the final stage of the technique to press the opponent.

2. To turn toward the opponent and place the attacking foot back.

3. To bend down and place the attacking foot back.

Counter technique

1. To lift from rear side.
2. To sweep on the inside of foot.

Flaws

1. The opponent not misbalanced to the attacking foot well enough.
2. The proppig leg of the opponent placed in the back.
3. Throw, apply from the propping foot side.

YONBOSH (SIDE) TECHNIQUES

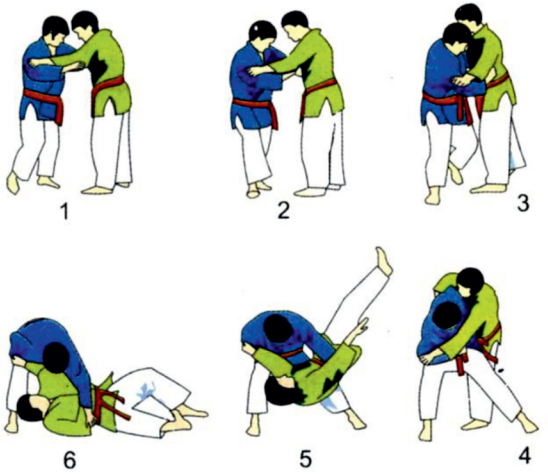
Kurashchi grips the yakhtak of the opponent, stands to the side and lifts with the leg and throws. All the techniques performed in this manner are called "Yonbosh" techniques.

Side yonbosh

It is easy to apply this technique when the opponent standing by side.

Initial position - Position before the start of the fight

Kurahschi grip the hand and the rear part of the yakhtak (fig. 54).



1—2 — To step to either left or right side, shift the balance to the left side, continue the movement and lift the opponent.

3—4 — To continue moving the body to, to place the left foot beside the left foot of the opponent.

5—6 — To twist the opponent in circle inward-down, to side and throw on the gilam.

Types of grips

1. On the sleeve and reverse of collar.
2. On the sleeve and collar.
3. On the sleeve and armhole.
4. On the sleeve and shoulder part of yakhtak.
5. On both armholes.

Feint movements

1. To hook from outside with the upper part of foot.
2. To throw over hip.

3. To hit with the shin on the inside.

Defense

1. Turning to the opponent and draw the attacking foot back.
2. To cross the attacking foot over the opponent's attacking foot.
3. To step to rear side of the opponent.

Counter techniques

1. To left on either left or right leg and throw.
2. To throw bending back.
3. To sweep from front.
4. To make a step and sweep at the same time.

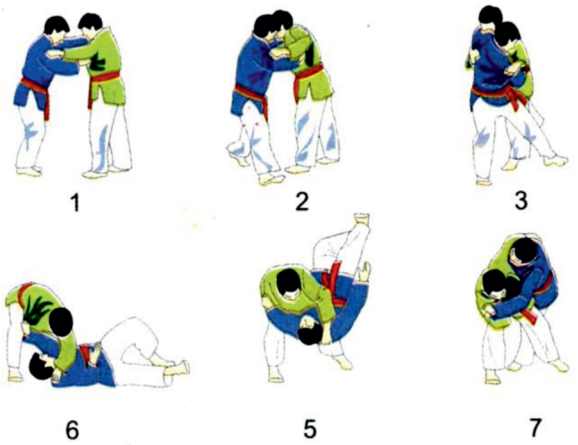
Flaws

1. Opponent's balance not fully shifted to the attacking foot.
2. Kurashchi stepped to side not as needed.

Yonbosh from rear side

This technique can be applied when the opponent mves back or inwards.

Inititial pisition - Position before the start of the fight Kurashchi grips on the sleeve and collar (fig.55).



1-2 - To step with the right leg from side to the rear of the opponent. To force the opponent to shift the balance to the heal of left foot.

3 - To lift from rear side of either left or right foot forcing him fall down. 4-5-6-To twist the opponent in circle and throw him on the gilam.

Types of grips

1. On the sleeve, reverse of the collar.
2. On the sleeve and collar.
3. On the sleeve and armhole.
4. On the sleeve and shoulder part of yakhtak.
5. On both armholes.
6. On the belt and sleeeve.

Feint movements

1. To hook from outside with upper part of foot.
2. To hook on inside with shin.

3. To throw over hip.
4. To hit on inside with the heal.

Defense

1. To leave back the attacking foot.
2. To step to rear side of the opponent and strait up.
3. To bend forward, hit the propping foot of the opponent.
4. To cross the attacking foot over the attacking foot of the opponent.

Counter techniques

1. To make a rear-trip.
2. To lift on either left or right leg and throw.
3. To force the opponent to sit down using thigh.
4. To throw bending back.
5. Front sweep.

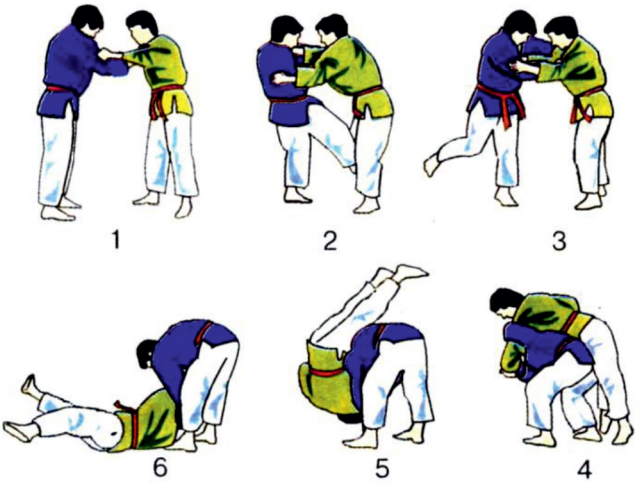
Flaws

1. Balance of the opponent shift to the propping foot not as need.
2. The propping foot of kurashchi placed in the back too much.

FEINT MOVEMENTS DONE IN SEVERAL DIRECTIONS

To sweep under the heel from inside, throwing over the shoulder.

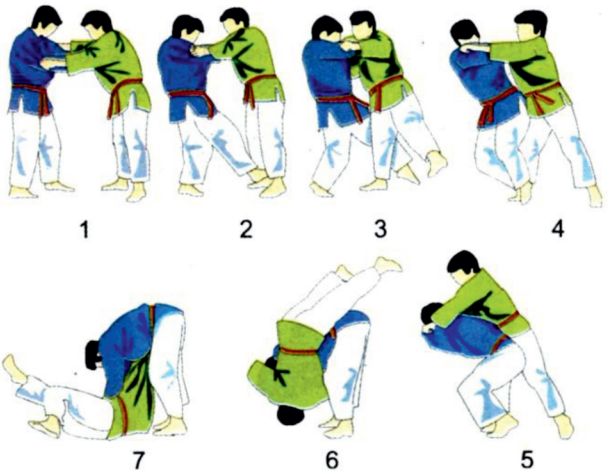
Initial position - Position before the start of the fight. The position when the opponent grips on the left or right collars of the athlete, (fig. 56)



1 -The athlete attempts to sweep under the heel.

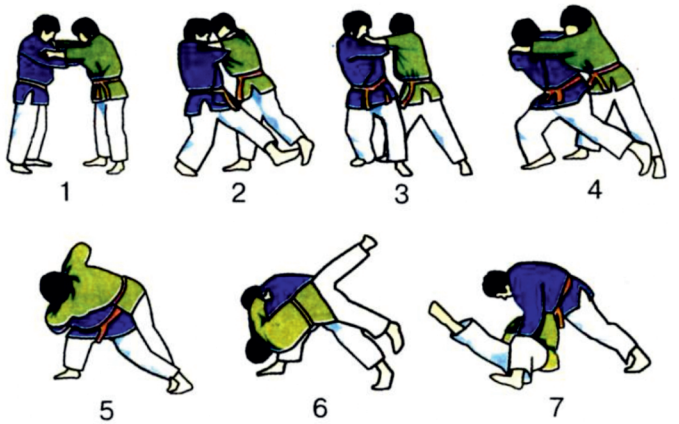
2-The opponent puts back his attacking foot, bends forward; it's very convenient position for throwing over the shoulder.

3-4-5-6- To put back attacking foot, to turn under the opponent's body, to grip on the part of shoulder, it's possible to throw over the shoulder to the side. At the moment when athlete applies the technique of sweeping heel from inside, it's possible to do this feint movement (fig. 57).



2. To sweep on the heel on the inside - fore-trip

Initial position - Position before the start of the fight. The athlete grips on left or right collar (fig 58).



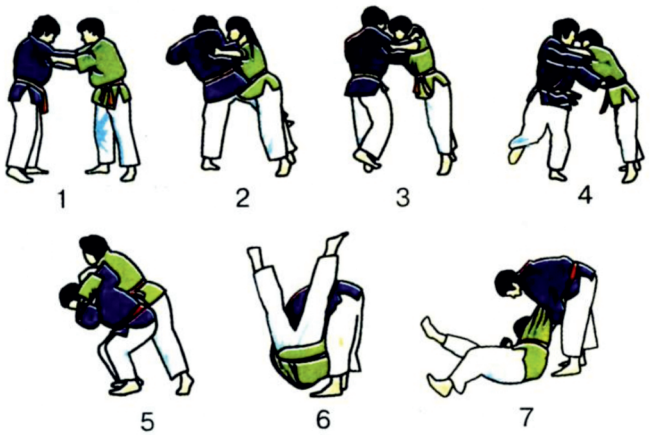
1-2- The athlete attempts to throw sweeping on the inside.

3-The opponent protecting himself, put his foot rear side and bends forward, he'll be in convenient position to throw making fore-trip.

4-5-6-7- To put attacking foot on the gilam, turning under the opponent's body, to make fore- trip in that direction

3. Rear-trip -to trip up forward of both feet.

Initial position - The position when the athletes begin fighting. Opponent grips on left or right sleeve (fig. 59).



1-2- The athlete puts step towards the opponent, grabbing the belt, he attempts to apply the technique and make rear-trip. The opponent protects himself and bend forward.

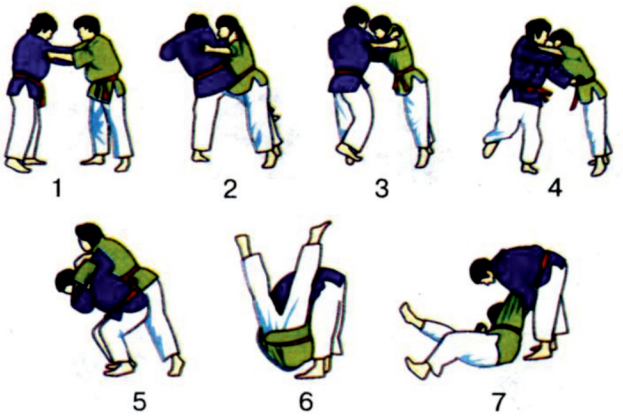
3-4-5- The athlete turns back to the opponent with his propping leg, trips up from forward both feet.

4. Rear-trip- throwing over the shoulder.

Initial position - The beginning of the fight. The opponent grips on left or right collar (fig 60).

1-2- To put step towards the opponent, to sweep from back side. The opponent protecting himself, he puts back side his attacking foot and bend forward.

3-4-5-6-7- Coming back and turning on the propping leg to the opponent side with back, he fulfills the method of throwing over the shoulder by keeping the opponent's hand on the shoulder.



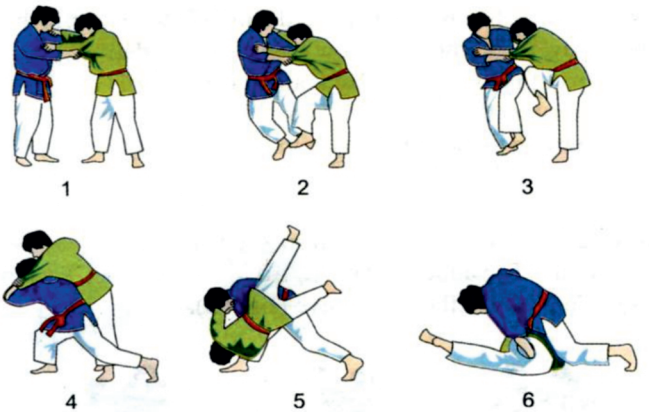
5. Sweeping with footstep from outside - front elka (shoulder)

Initial position - The athletes stand in several position. The opponent grips on left or right collar and sleeve (fig 61).

1-2- Shift the opponent's balance to the attacking foot, he attempts to hook and drop with footstep from outside.

3-The opponent protecting, he steps with attacking foot over the athlete's attacking foot.

4-5-6-At the moment of stepping over, force attraction of the opponent's hand changes to the opposite side and trips up in front



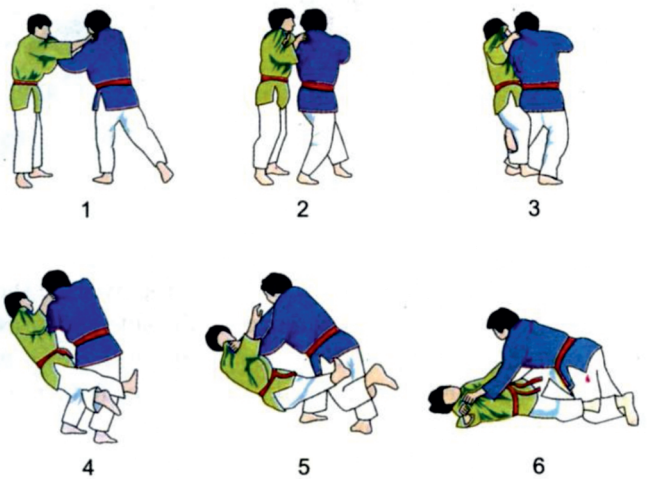
6. To throw over the shoulder - to hook left or right leg on the inside with the shin.

Initial position -The position when the athletes begin fight. The opponent grips athlete's both collars (fig. 62)

1 -To shake off with hands, to pull toward himself and to turn, in the position of lowering body, to attempt to throw over the shoulder.

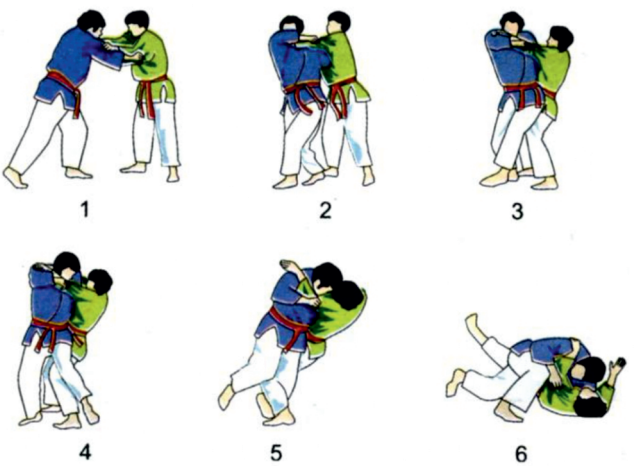
2- The opponent resists, bends back and push with his hand.

3-4-5-6- To change the movement to the opposite side with the hands, in the position of turning to the opponent with face, to drop the opponent on the gilam with hooking with shin from the inside.



1. Throwing over the hip - to chil from the back

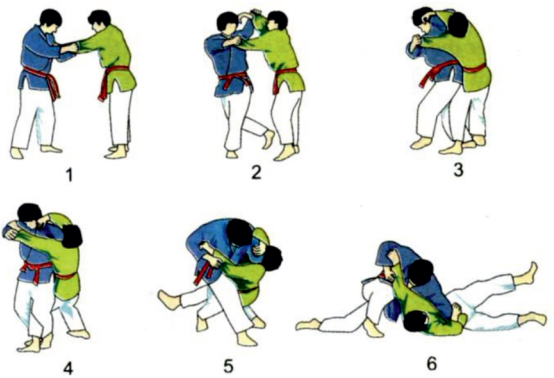
Initial position - The athletes stand in front of each other. Grip on left or right reverse side of the collar and sleeve (fig. 63).



1- To try to shake the opponent pull him and drop over the shoulders.

2- The opponent protects himself, moves to the side and turns back.

3- 4-5-6- To change hands' position by pushing the opponent, in the position of turning to him trip him up from the back. There can be feint movements: to keep Jus hands and to drop him over the shoulders (fig. 64).



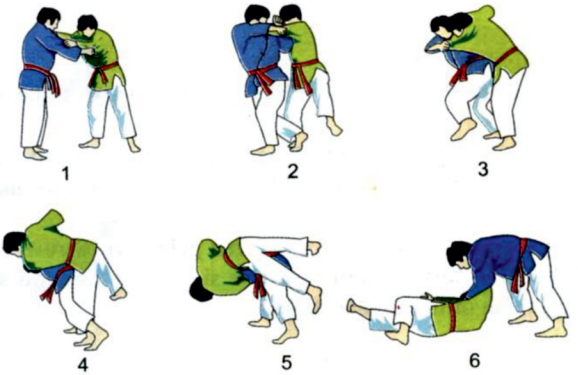
FEINT MOVEMENTS IN THE SAME DIRECTION

1. To throw over the shoulders - fore-trip

Initial position - The beginning of kurash

The athlete is gripped on left or right reverse side of collar (fig. 65).

1- Pull the opponent strongly shaking him, to turn under his body and to try to throw him over the shoulders.

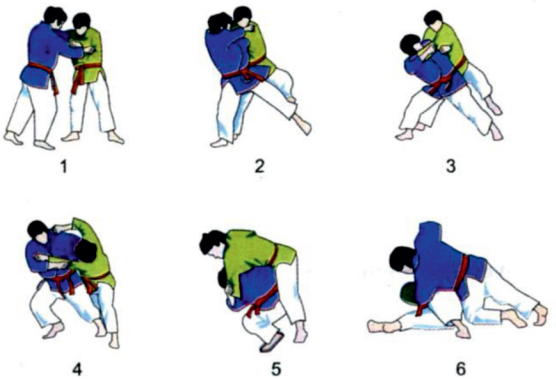


2- The opponent protects himself and moves to the turning side of the athlete.

3- 4-5-6- To continue shaking fore-trip the opponent.

1. Fore-trip - to bend knee, to throw over the shoulder.

Initial position -The beginning of the fight. The athlete is gripped on left or right reverse side of collar (fig 66).



1-to try to apply fore-trip method.

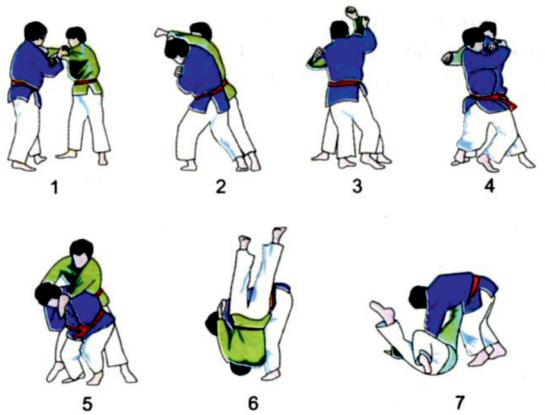
2-3- The opponent presists, steps with his attacking leg over the athlete's attacking foot.

4-5-6- The opponent puts his attacking foot on the gilam, after that his hands shakes and his distance moves to this foot and turns,throws and drops over the shoulder bending knee.

3. To throw over shoulder by reverse grip - To throw over shoulder by keeping left or right reverse side of collar and sleeve.

PP- The beginning of the athletes fighting.

The athlete is gripped on the reverse side of collar and sleeve by reverse grip.(fig67)

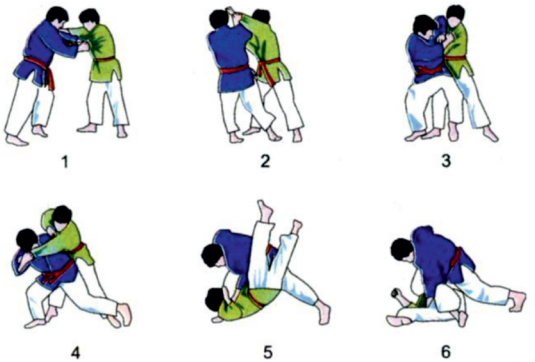


1 -To shake strongly and raise of the gripped hand, to try to throw over the shoulder reverse gripping.

2-The opponent protects himself moves side.

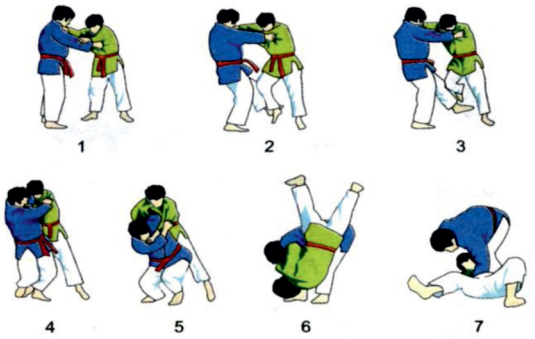
3-4-5-6-7-Moveing back, to turn under the opponent's body to the side and to throw over the shoulder.

After the throwing over the shoulder, one can fore-trip with the gripping reverse (Fig. 68).



4. To sweep from side-to throw over the shoulder

Initial position - The athletes are in different positions. The athlete is gripped on left or right reverse of collar and sleeve (fig. 69).



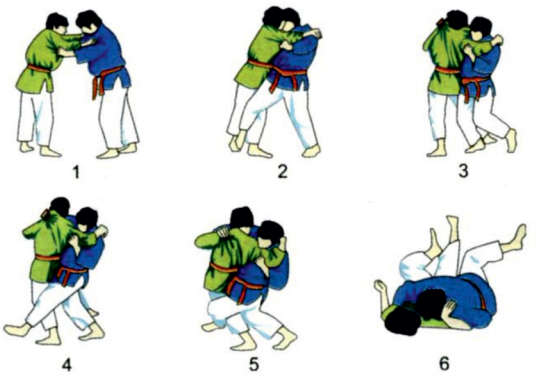
1 -To shake with hands towards the opponent's attacking foot and to try to trip up from the side.

2-3- The opponent protects himself, steps with the attacking foot over the athlete's attacking foot.

4-5-6-7- Pull the opponent by strongly shaking him and bends knees under the opponent's body to throw over the shoulder.

5. Fore-trip from back- to chil the distant leg from back with the shin.

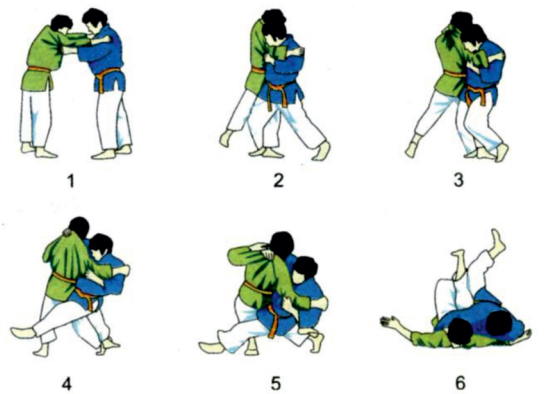
PP- The beginning of the athletes fighting. The athlete is gripped on left or right reverse side of collar and sleeve, (fig 70)



1-2-To move the opponent's balance to his attacking foot, to try to trip from back by stepping

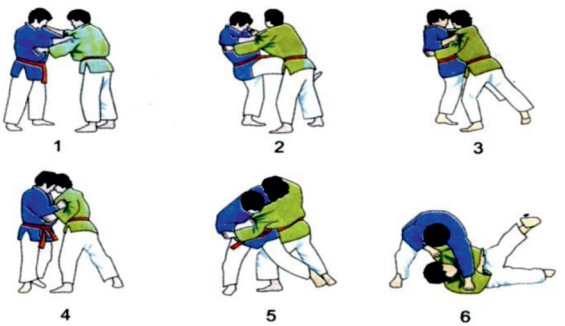
3-The opponent protects and leaves his leg back.

4-5-6- To continue moving, to remove the balance of the opponent to his back foot, to hook him with left or right leg and to drop. If the opponent defenses and puts his leg far and there's no chance to hook him, the athlete can throw him back over the leg. (fig 71)



6. To make a rear-trip with left or right foot.

Initial position -The beginning of the fight. Kurashchi grips on either left or right reverse of the collar, (fig 72)



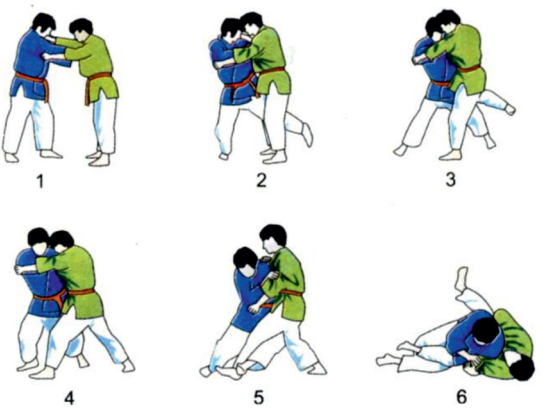
1-2 - To shift the balance of the opponent to his attacking foot, to try to make rear-trip him with right foot.

3-The opponent defenses, puts his attacking foot back, moves to another side of kurashchi.

4-5-6- To return back, to pull the opponent's balance to the side of another foot and to make rear-trip with left foot.

7. To entangle the leg from the inside with the shin-to sweep the heel with the heel from the inside.

Initial position - Kurashchi stands at one side. Grips on left or right reverse side of the collar and the arm-hole, (fig 73)



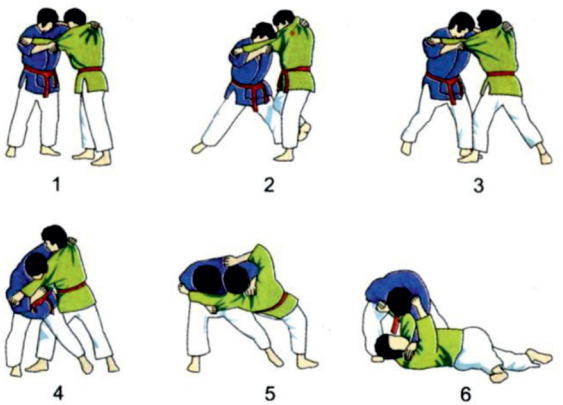
1-2-To step to the opponent's side and to try to entangle his right or left leg.

3-4-The opponent defenses and moves over the attacking foot of kurashchi and leaves him back.

5-6-To grip the opponent on his left or right sleeve, to pull him back and down and sweep him with the heel from the inside.

8. To hook the heel from the outside - to make rear-trip.

Initial position - kurashchis (athlestes) stand in different positions. Kurashchi is gripped on the collar and left or right sleeve. (Fig 74)



1-To misbalance opponent to the attacking foot and to try to hook him with the heel from the outside.

2-3- The opponent defenses and moves over the attacking foot of kurashchi and leaves him back.

4-5-6- To step to the other side, to drop the opponent by rear-tripping him.

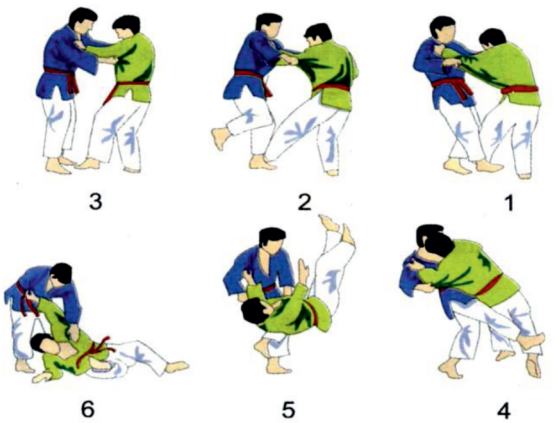
COUNTER TECHNIQUES

High qualified kurashchis (athletes) should be able to attack back to any of opponent's counter techniques. That means he should master all the counter attacking techniques. Best kurashchis of the world must use each even small flaws of the opponent.

There are several types of counter techniques that should be always used with above-mentioned counter techniques:

1. To sweep from the side- resweep from the side
Initial position - The beginning of the fight.

Kurashchis grip on left or right reverse side of collar and by sleeve.(Fig 75)



1 - The opponent tries to sweep from the side.

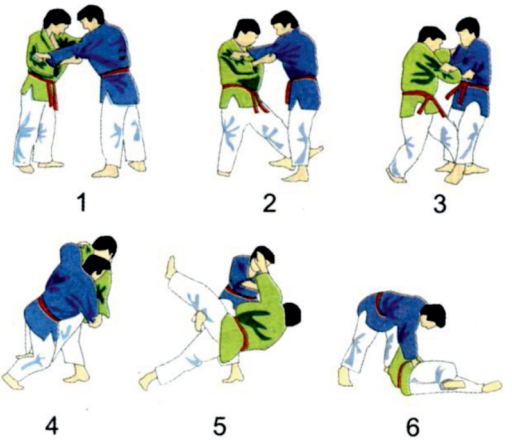
2 - Hand moving of the opponent is made weaker and the attacking foot is pulled back.

3-4-5-6- To sweep back the attacking foot of the opponent.

2. To sweep under the heel from the inside- to sweep from the front

Initial position - The beginning of the fight.

Kurashchis grip on the left or right reverse side of the collar and the arm-hole. (Fig 76)



1-2-The opponent tries to sweep from the inside with the heel.

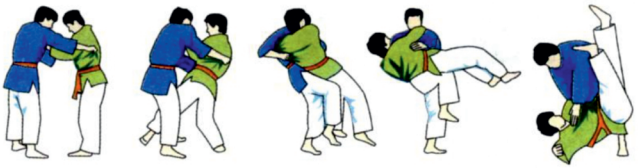
3-4-5-6- Kurashchi turns back a little, turns the opponent with hands, sweeps from the front propping leg of the opponent with attacking leg.

3. To hook from the inside with the shin - lift with the use of thigh.

Initial foot position - The beginning of the fight.

Kurashchi grips on left or right sleeve and yakhtak's shoulder.

1 .The opponent makes a step to the side of kurashchi, tries to hook the foot from the inside with shin.



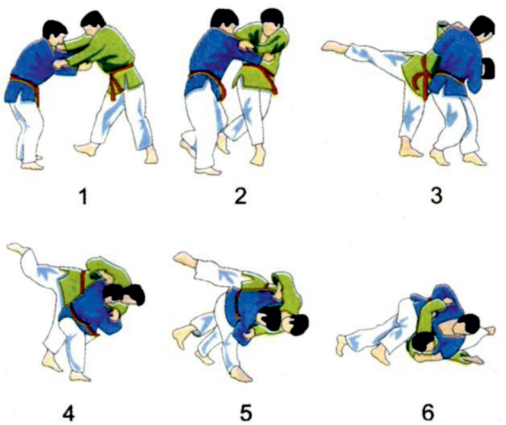
1 2 3 4 5

2-3-4-5-kurashchi shakes and pulls the opponent to himself, lifts on the hip, then lifts under the thigh and drops him on the gilam.

4. Kushsha from the inside - fore-trip.

Initial position - The beginning of the fight.

To grip on left or right reverse side of the collar and sleeve.(Fig.78)



1 2 3

4 5 6

1. The opponent turns and tries to make kushsha from the inside.

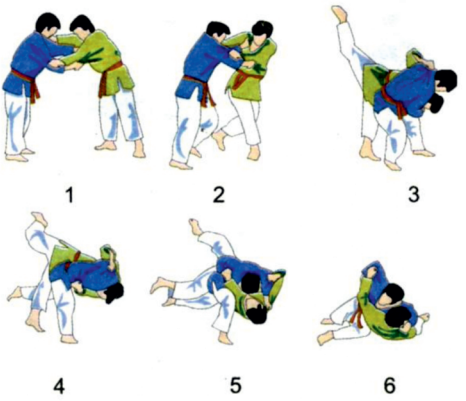
2. Kurahschi lifts the foot back the opponent's foot pushes forward and down with hands.

3-5-6- Continue turning body, his propping leg is applied a fore-trips.

5. Kushsha from the inside and from the front of both legs kushsha.

Initial position -The beginning of the fight.

To grip on the left or right reverse side of the collar and sleeve (Fig.79).

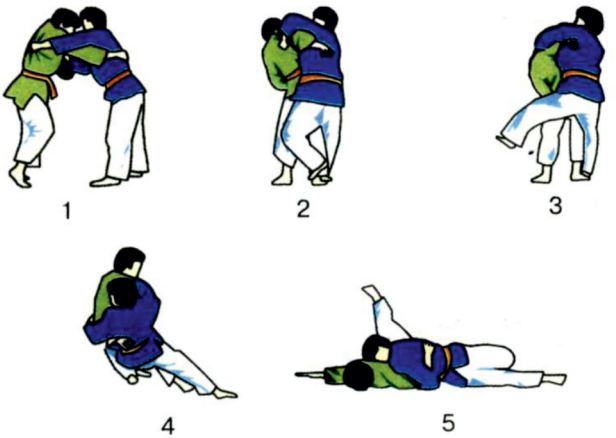


1- The opponent turns and makes kushsha from the inside. 2 -Turning of the opponent stops with hands, the foot is lifted over his attacking foot.

3-4-5-6-To press the opponent down and forward, to turn at the same time and make kushsha from the front of both feet.

6. To throw over the hip - to lift on the hip from the back and to drop.

Initial position - position before the start of the fight. To grip on the left or right reverse of the collar and shoulder part of the yakhtak (fig. 80).



1-The opponent turns, tries to throw over the hip.

2 - Kurashchi grips the opponent, goes from back and hampers his turn.

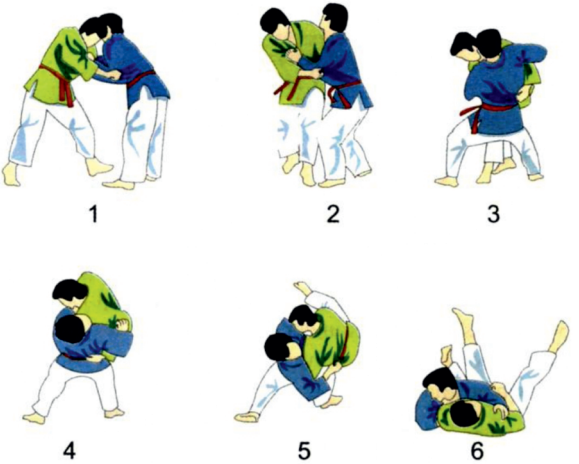
3-4-5-When dropping him back and to the side, to lift under with the thigh and to drop on gilam.

7. To throw over the hip - to turn back and to throw over the chest.

Initial position - Position before the start of the fight To grip on the left or right reverse of collar and upper part of the belt (Fig. 81).

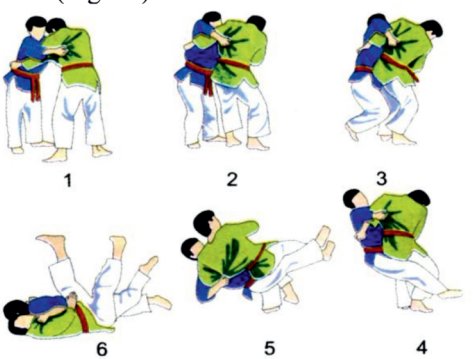
1-The opponent turns trying to throw brabbing the belt.

2-3-4-5-6- Kurashchi moves back and to the side of the opponent, bends the knees, lowers down, grabbing the opponent on the turning side, pulls to chest and turning back throws him over the chest.



8. To throw over the hip - to lift and drop from the back.

Initial position - Position before the start of the fight. To grip on the left or right reverse of the collar and shoulders part of the yakhtak. (Fig. 82)



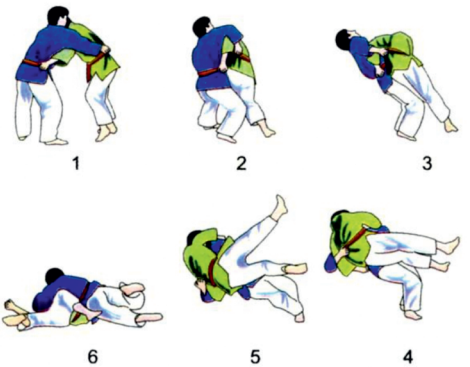
1 -The opponent tries to turn and to throw over the hip.

2-3-4-5-6- Kurashchi moves under the opponent's body when he turns, grabs around the body, presses, moves back, lifts him up with the foot and throws him down on gilam.

9. To throw over the hip - to turn back and to throw over the chest.

Initial position - Position before the start of the fight.

To grip on the left or right reverse of collar and back side of the belt, (fig 83)



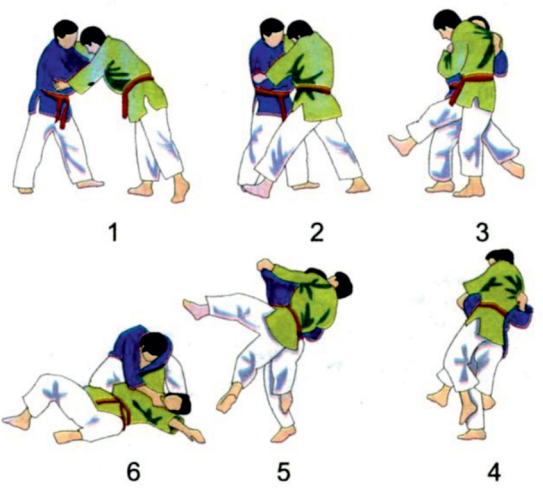
1 -The opponent turns and tries to throw over the hip.

2-3-4-5-6-Kurashchi bends his knees a little and sits under the opponents body, pulls the opponent's body to the chest, lifts up, turns back and throws him over the chest.

10. To make a rear-trip - to set on the hip and lift up.

Initial position - Position before the start of the fight.

To grip on the left or right reverse side of the collar and sleeve (fig 84)

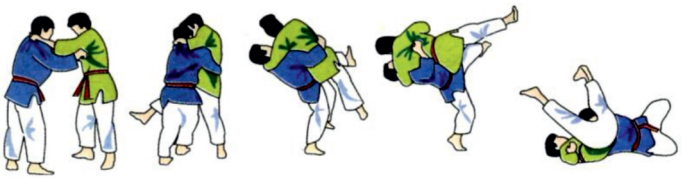


1 -The opponent makes a step to the side and tries to make a rear-trip. 2-3-5-6-Kurashchi turns to the opponent, puts his attacking foot back, lifts the opponent, sets on the hip and throws on gilam.

11. To make rear-trip - to turn back and to throw over the chest.

Initial position - position befor the start of the fight

To grip on the left or right reverse of the collar and sleeve (fig 85)



1- The opponent makes a step and tries to make rear-trip. 2—3-1—5— Kurashchi makes a step, grabs the opponent

around the body, lifts him up and turning back throws him over the chest.

12. To make rear-trip

Initial position - position befor the start of the fight

To grip the collar and left or right sleeve of kurashchi.(fig 86)

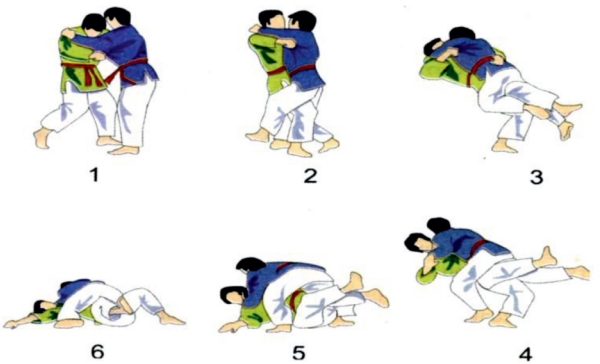
1-Kurashchi tries to step and to make rear-trip

2—3—4—5— To stop the opponent with hands, turn him to the opposite side, make a rear-trip.

13. To turn back and to throw over the chest - to hook with the shin from the outside.

Initial position - The beginning of the fight

To keep by left or right reverse side of the collar and back side of the belt. (Fig 87)



1-2- The opponent steps, tries to turn back and drop.

3-1-5-6- Kurashchi hooks left or right foot of the opponent with the shin from the outside, push himself and drops the opponent on gilam.

This method can also be made by hooking the foot from the inside and pushing the body.

TECHNICAL AND TACTICAL CHECK-UP OF ATHLETES FOR READINESS AND AT COMPETITIONS

On can clearly notice weak and strong sides of athletes at competition time. The following step should be taken in order to properly evaluate their actions at competitions:

1) To constantly make note of every action of kurashchi for the whole period of competition;

2) To evaluate his actions as per exact criteria.

The first task is carried out by optical method (photos, films, video recordings) or pedagogical observations and according to protocol of the competitions.

Competition protocal combines all the sides of kurashchi's actions and the actions are marked with special symbols. .

All the optically recorded materials are studied carefully and on the basis of the material the next steps are to be taken.

The previlidge of the optical method is that kurashchi can see his shortcomings several times and with the advice of the coach can make necessary conclusion. He can better master each technique, counter techniques.

Optic and pedagogic methods are mutually connected with each other and if both of them are followed the results at the training and competitions will be higher.

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